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The Truth  
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Health and  
Husband





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City..... State.....



# You Might Call It Luck

*If Only One Man Had Jumped  
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*-but Hundreds Have Done It!*

WHEN a man steps from a \$50 a month job as a farmhand to a position that paid him \$1,000 the very first month—was it luck?

When another man leaves a job on the Capitol Police force at a salary of less than \$1,000 a year and then in six weeks earns \$1,800—is that luck?

Probably the friends of Charles Berry of Winterset, Iowa, and J. P. Overstreet of Denison, Texas—the two men mentioned above—call them lucky. But then there is F. Wynn of Portland, Ore., an ex-service man who earned \$554.37 in one week—and George W. Kearns of Oklahoma City, whose earnings went from \$60 a month to \$524 in two weeks.

And C. W. Campbell of Greensburg, Pa., who quit a clerking job on the railroad to earn \$1,562 in thirty days. And there are so many others that a whole book could be filled with stories of amazing jumps from low pay to magnificent incomes.

There is nothing exceptional about these men. They live in all parts of the country—they had been engaged in all kinds of work. Many had been clerks, bookkeepers, mechanics. Some had already achieved successful places in the business world.

## No Limit to the Opportunities

And then in one swift stroke, they found themselves making more money than they had ever dreamed possible. The grind of routine work—the constant struggle to obtain even a slight increase in earnings—the discouraging drudgery of blind alley jobs—all this was left behind for careers of immediate and brilliant success. Today they know the thrill of independence, for they come and go as they please—they are no longer ruled by an office clock. There is genuine enjoyment in every hour of the day, for their work is filled with a gripping fascination. No wonder they are overflowing with enthusiasm, for they have found not only the most interesting, but the best paying of all branches of business.



"I had never earned more than \$60 a month. Last week I cleared \$306 and this week \$218."—Geo. W. Kearns, Oklahoma City.

ness. And great as are their earnings today, they are looking forward to increasing them constantly—in fact, there is no limit to the amounts they may earn—only their own efforts can determine that.

The remarkable quick success of these men sounds like luck—the sheerest kind of luck. But of course it cannot be that—not when hundreds have found the way to such amazing good fortune—all through the same method. There must be a definite, practical, workable plan behind their sudden jumps to big earnings.

## The Back-Bone of Business

And there is. In the first place they discovered a vital fact about business. They discovered that the big money is in the Selling end of business. Salesmen are the very life blood of any concern—upon them depends the amount of profits made. The men who can put a product on the market and boost its sales are absolutely indispensable. No wonder that man for man Salesmen receive the highest pay.

And for the men who are in the "Star" class—who are Masters of Salesmanship—there is practically no limit to their earnings. Some of them receive almost fabulous amounts.

And that is how the men whose pictures you see above, and hundreds of others like them, found the way to their present magnificent incomes. They are all Master Salesmen now!

## New Way to Enter This Field

Yet previously they had no idea of becoming Salesmen—many didn't even think it possible to do so. But they learned of an amazingly easy way by which any man can quickly become a Master Salesman—and in his spare time at home! Through the wonderful system of Salesmanship Training and Free Employment Service of the National Salesmen's Training Association, success is made easy. This great organization of top-notch Salesmen and Sales Managers was formed for the express purpose of fitting men for the great opportunities in the field of Salesmanship and helping them to positions in the lines that most appeal to them.

## Secrets Only Master Salesmen Know

Salesmanship is not a natural gift—it is an art and science that is open to any man. There are fundamental rules and principles

that anyone can put into practice—there are Secrets of Selling that put any man who knows them into the "Star" class.

The proof of this is in the wonderful success achieved by men who, without any previous Selling experience, have suddenly become Master Salesmen through the National Salesmen's Training Association. Step by step—in their spare time at home—they were taken through every phase of Salesmanship. Every underlying principle of sales strategy was made as simple as A-B-C. Thru the National Demonstration Method every form of sales problem is solved.

Then as soon as they were qualified and ready, the Free Employment Service of the N. S. T. A. helped them to secure good Selling positions. Almost before they realized it they were in the big money class.

## Startling Proof Sent Free

The same opportunity that brought them their good fortune is open to you. Whether or not you have ever thought of becoming a Salesman, you should examine the facts about the tremendous possibilities for big earnings in this fascinating field. Read the extraordinary stories of others and see how easily you can do what they are doing. The PROOF is so overwhelming that it may mean the turning point in your life, as it has in so many others. Simply mail the coupon below. It will bring you by mail the whole wonderful story, and in addition a great Book "Modern Salesmanship" and full particulars about the remarkable system of Salesmanship Training and Free Employment Service of the N. S. T. A.

Think what it has been worth to others to send for the facts. It can be worth that much or more to you. Right now—tear off the coupon and mail it today. It costs you nothing to do this—it obligates you in no way.

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Dept. 28-G CHICAGO, ILL.

**NATIONAL SALESMEN'S TRAINING ASSOCIATION**  
Dept. 28-G Chicago, Ill.

Please mail me Free Proof that I can become a Master Salesman and qualify for a big money position. Also send your illustrated Book "Modern Salesmanship" and particulars of membership in your association and its Free Employment Service. This is all free of cost or obligation.

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City.....State.....

Age.....Occupation.....



"After spending ten years in the railway mail service at salaries ranging from \$900 to \$1,600 a year I decided it was necessary for me to make a change. . . . My earnings during the past thirty days were more than \$1,000."—W. Hartle, Chicago, Ill.



"The very first month I earned \$1,000. I was formerly a farmhand."—Charles Berry, Winterset, Iowa.



# Physical Culture

Founded By Bernarr Macfadden

Volume XLVII

JUNE, 1922

No. 6

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This illustration shows how the average tree on these one-and-one-half-year-old Certified Orchards should look this Summer.

"Never before have I created a pecan orchard which made so remarkable a showing in the first year after planting," says the internationally famous authority on horticulture and nut growing who certified to the age and quality of these established orchards.

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"We are building an industry which for generations should yield its bountiful crop of delicious food and bring millions of dollars to our citizens," says page 1101, Vol. 54 of the United States Congressional Record.

Back of this opportunity stands the food value of the paper shell pecan—its superiority as the purest, sweetest, finest source of fat and protein. "Paper shell pecans of the improved varieties are the most delicious, as well as the most nutritious, nuts in the world," says the famous Luther Burbank, who also adds, "We have now one pecan where we ought to have a million."

## Our Free Book, "PAPER SHELL PECANS"

shows by government statistics the increasing demand for nut meat as food—which led to a gain in nut importations in the years between 1900 and 1920 which was thirty-nine times as great as the increase in population, despite the greatly increasing American yields of nuts during this period. Increasing knowledge of food values has led not only to this increasing American consumption of nuts in general, but has also concentrated greater attention each year on the paper shell pecan—"the most highly concentrated of all natural foods—the finest products of the vegetable kingdom."

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to secure the pecans you will need for your own table, and an excess to sell at a profit by the co-operative, profit-sharing plan, described in our free book. You can hasten by a full year your profitable crops of pecans, by prompt action. We have a limited number of acre-units available in our

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**ELAM G. HESS, PRESIDENT**  
KEYSTONE PECAN CO., INC.,

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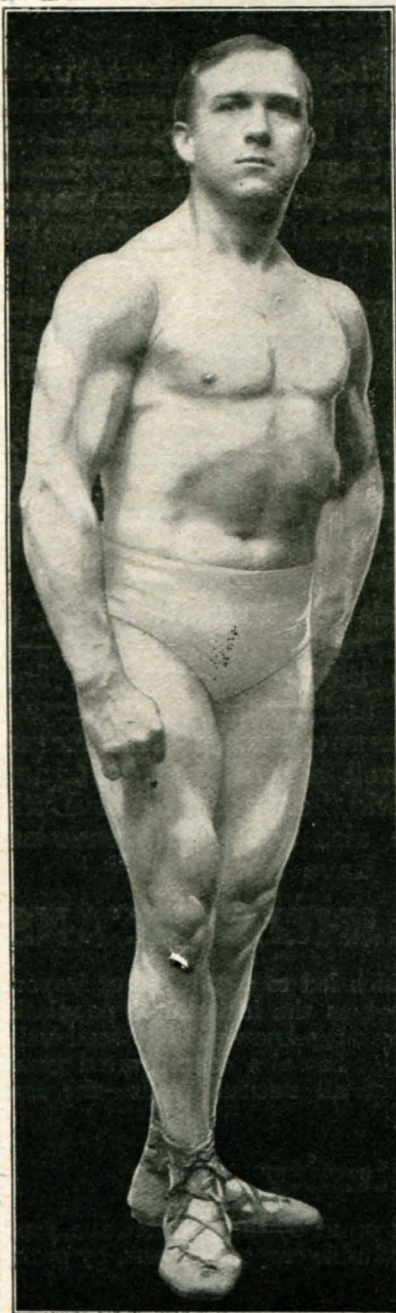


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You can't conceal your physical defects and ailments. You have lost the pep and power of real manhood—you have overdrawn your balance in the Bank of Life—your vim, vigor and virility are slowly but surely ebbing away. Your wife, your friends and acquaintances see your weakness in your altered face and figure, your furtive looks, your slouchy step, your lack of energy and ambition. They have you marked as a man on the downgrade—slipping, sliding away from all that's worth while in life. **What are you going to do about it?**

## See Yourself As Others See You

Don't fool yourself any longer with the false idea that you'll be all right again "after a while." You **won't** get better—you'll get **worse**, if you let yourself drift. Look at your **real** image in the mirror. Take stock of yourself and of the **facts**. Realize, as others do, how far below par you have fallen. Compare what you **ARE** with what you **WERE**, and make up your mind to mend things before it is too late. Nothing and no one can do it but **yourself**. Pills, powders, all the druggist's dope in the pharmacopia, can't make you a MAN again. **IT'S UP TO YOU.** You, and you alone, can do it, if you **WILL** do it, **BRACE UP** and

## Restore Your Pep and Power

**Act now—don't put it off.** Chronic ailments mean much more than merely discomfort. Constipation, catarrh, dyspepsia, biliousness, rheumatism and many other ills eat like a canker into the very vitals of the human organism; affecting the brain as well as the body; killing initiative, destroying ambition, making a man impotent to be or do anything worth while; taking all chances of success and joy and pleasure out of life. Don't be a slave to them any longer; don't let yourself be placed permanently in the Army of the Unfit. Tell your troubles to me, and let me show you the one quick, sure way of getting rid of them; the way that has enabled thousands of other weak, ailing, discouraged men and women to slough off the disgusting ailments or health-destroying habits that have hung like millstones round their necks.

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Mr. Lionel Strongfort, Dept. 838, Newark, N. J.—Please send me your book, "PROMOTION AND CONSERVATION OF HEALTH, STRENGTH AND MENTAL ENERGY," for postage on which I enclose a 10c piece (one dime). Send me special information on subjects marked (X) below, as well as those I may write on extra line without obligation.

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| ..Catarrh         | ..Short Wind       | ..Anemia               |
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| ..Asthma          | ..Constipation     | ..Falling Hair         |
| ..Obesity         | ..Biliousness      | ..Deformity (Describe) |
| ..Headache        | ..Torpid Liver     | ..Stomach Disorders    |
| ..Thinness        | ..Indigestion      | ..Successful Marriage  |
| ..Rupture         | ..Nervousness      | ..Impotency            |
| ..Lumbago         | ..Poor Memory      | ..Pimples              |
| ..Neuritis        | ..Rheumatism       | ..Blackheads           |
| ..Neuralgia       | ..Gastritis        | ..Round Shoulders      |
| ..Flat Chest      | ..Heart Weakness   | ..Lung Troubles        |
| ..Insomnia        | ..Poor Circulation | ..Female Disorders     |
| ..Vital Depletion | ..Increased Height | ..Muscular Development |
| ..Bad Blood       | ..Easy Childbirth  | ..Weak Back            |
| ..Weak Eyes       | ..Despondency      | ..Drug Addiction       |
| ..Prostate        | ..Skin Disorders   | ..Healthy Children     |
| ..Troubles        |                    | ..Weaknesses (Specify) |

Mention other ailments here. ....

Name.....

Age..... Occupation.....

Street.....

City..... State.....



# How I Learned Shorthand in Seven Evenings

By JAMES R. LANDON

**"TALK as fast as you like, Jim. I am taking it down in shorthand!"** Yes, that is exactly what

I said—shorthand. What do you think of that, old fellow? No, I haven't been to night school or the business institute. But just go ahead—as fast as you wish—and I will give it all to you this noon just as you are reading it now."

It was Hal Richards on the 'phone and he had me guessing, I can tell you.

Hal Richards writing shorthand! I could just as easily imagine myself writing a play for Douglas Fairbanks.

Yet there he was offering boldly and confidently to take down everything I said as fast as I could give it to him. And it was a long and elaborate report that I wanted to get before him immediately.

It took him only fifteen minutes to get my report, whereas a similar report before had taken us nearly an hour. How on earth had he learned it?

Surely Richards had no time in the busy year just passed to take a Shorthand Course. For no decent Shorthand Courses that I had ever heard of could be learned in any time short of six months—or four at the least—even with a lot of time spent on it daily.

I had seen Richards often—by day and in the evenings—and I was positive his engagements had never given him such a chance.

So what was the answer to the riddle? I was soon to find out.

When noontime came and we met at the club for luncheon, Hal showed me several leaves from his desk pad crowded with neatly penciled shorthand characters and to my complete amazement "translated" these magic characters into the very report that I had given him over the telephone that morning.

And he hadn't made a single mistake in sentence or word or letter.

"Wonderful, isn't it?" said Richards, smiling broadly at my blank astonishment.

"I guess you think something magical has happened—with me in the role of the Miracle Man—but it is just the simplest and most natural little happening that you or I ever experienced.

"You probably won't believe me when I tell you that I learned to write that beautifully simple shorthand in just seven evenings. But that is the bare and unmistakable fact—and a most enjoyable fact to me, I can tell you!

"Of course I acquired the speed that you have seen today later by practice—but the 'how' of it—the alphabet and the way to put the words together—all this I had mastered after one week's study of the most simple and fascinating seven lessons I had ever encountered since my A-B-C days.

"I cannot think of anything more practically valuable and useful than these lessons that I stumbled upon so fortunately. What were they?

"Why, this system is known as Paragon Short-

hand, invented by a man named Alexander Lichtentag.

"It first came to my attention where an old college friend, the Superintendent of Schools, told me how successfully it was being used in the public schools of his city.

"Really this system is a 'cinch.' The speed and ease with which any ordinary man or woman can pick it up is extraordinary!"



*Talk as fast as you like, Jim. I am taking it down in shorthand.*

With that, Richards pulled out and handed me a sample Paragon lesson. Will you believe it, I learned that lesson by heart right at the table in just ten minutes.

Try this yourself:

All that is dreaded is done away with in the Paragon method. Instead of committing to memory something like 4,000 word-signs and contractions, you have only 26 word-signs to learn.

The Paragon Alphabet, Twenty-six simple word signs,

Six prefix contractions, One general rule for abbreviations.

The simple exercises and explanation are divided into seven lessons, each of which you can grasp in one evening.

That is all.

Now you know why Harold Richards laughed when I looked so astonished.

For it is easy, isn't it—I know that from experience—for I can write Paragon now like a breeze.

I had always intended some day, if I could arrange the time, to take a course in shorthand. There were always so many time-saving uses for it. And yet I had kept postponing it until I had practically given it up.

Hal's experience again aroused my desire to learn it. If he could get the gist of it in only one week why I figured I could do as well. I could spare a week's time to learn, but I probably never would have been able to get the month's time that is usually considered necessary in order to master a Course of Shorthand.

I thought it over and began to reason it out. After all it wasn't so miraculous as it seemed at first.

Why hadn't someone figured out a simpler system? So I sent for the Paragon Course, and, just as Hal had done, I too, learned shorthand in seven lessons—just one lesson each evening for a week and I had the fundamentals down pat.

And I had a lot of fun doing it. I got my wife and the boys interested and we make a game out of it. My wife attends lectures during the winter and she wanted to take notes on them.

Both my boys were in high school. Dick, my oldest boy, had decided to go into business after he graduated last summer. When he applied for his

first job he landed it instantly because he knew shorthand, and he received a much bigger salary than most beginners get. He is doing finely, too. I really attribute his rapid success, which is quite remarkable for a youngster, to Paragon.

I wouldn't take thousands of dollars for this new aid to time saving and fatigue saving. It is a priceless aid to efficiency, advancement and all-round earning power. I find it a wonderfully simple means of taking down notes, dictation, reports, speeches, conferences, and memoranda of all kinds.

I went the other day to the Paragon Shorthand Institute to tell this to Mr. Lichtentag, and get some advice on the finer points of his invention. He showed me a bewildering stack of letters from students of his system. I could not imagine a more convincing exhibit. From the lot I want to quote here one of the letters that was typical of hundreds:

"I have mastered your System sufficiently to begin teaching it. I have found Paragon the shortest, simplest and at the same time the most comprehensive and adequate system I have ever examined or studied."

W. P. Garbraugh,  
Secretary to the President,  
South Georgia State Normal College.

And here are just two more:

"I received your Paragon Course and mastered the entire theory within five hours after I received it. There is no reason why I should not be able to write 150 words a minute after a little practice."

Carl A. Jackson,  
Koskaskia Live Stock Insurance Co., Illinois.  
"I am fully convinced that Paragon is the very thing for a busy man."

And don't forget the younger folks—the sons and daughters who need Paragon to make them permanently self-reliant, self-supporting and always equipped to take a business position high up—near the man who runs the business.

**It Won't Cost You a Penny**

to see what Paragon Shorthand is like. Send today for the seven simple lessons. Try it one evening—or seven if you like. Then either return the course without any cost whatever or if you feel that you will benefit as thousands of others have, send only \$3.00—and the course is yours. Remember: This is the Shorthand Course at the special price—only \$5. And it is exactly the same course that Mr. Lichtentag has taught personally for years at a fee of \$25. His system of self-instruction and self-examination eliminates any necessity of personal teaching and has shortened the period of learning by several hundred per cent.

**Special Short Time Offer**  
**REDUCED PRICE \$3**  
(REGULAR PRICE \$5.00)

In order to bring the great benefits of the course within easy reach of as many people as possible, we are offering it, for a limited time, at the special reduced price of \$3.00. You should not miss this splendid opportunity to secure such an amazing work at such a big saving. Our five-day FREE trial offer still holds good—simply fill in and mail the coupon. Then, after you have seen the course, send only \$3 in complete payment. But you must act quickly—we can hold this price open only for a few weeks.

**Paragon Shorthand Institute**

Home Study Department

22 West 19th St., Dept. G-246 New York

**USE THIS FREE EXAMINATION COUPON**

**Paragon Shorthand Institute**

Home Study Department

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You may send me the complete course of PARAGON Shorthand with the distinct understanding that seven days after its receipt I am either to remit \$3.00 (the special price) or return the coupon.

Name.....

Business.....

Address.....

## Try This Lesson Now

Take the ordinary longhand letter *d*. Eliminate everything but the long downstroke and there will remain *l*. This is the Paragon symbol for *D*. It is always written downward.

From the longhand letter *e* rub out everything except the upper part—the circle—and you will have the Paragon *E*.

Write this circle at the beginning of */* and you will have *Ed*.

By letting the circle remain open it will be a hook, and this hook stands for *A*. Thus will be *Ad*. Add another *A* at the end, thus and you will have a girl's name, *Ada*.

From *o* eliminate the initial and final strokes and *o* will remain, which is the Paragon symbol for *O*.

For the longhand *m*, which is made of 7 strokes, you use this one horizontal stroke—  
Therefore, *—* would be *Me*.

Now continue the *E* across the *M*, so as to add *D*—thus *—* and you will have *Med*. Now add the large circle for *O*, and you will have *Medo*, which is *Meadow*, with the silent *A* and *W* omitted.



# How Learning to Dance Leads to Popularity, Ease, Poise and Self-Confidence

**"More than 60,000 successfully learned to dance by mail." Arthur Murray has invented a remarkable easy picture method which enables anyone to learn all the newest dances at home—in private—at very little cost. Free Lessons Prove It.**

**T**HROUGH an amazingly simple picture method invented by Arthur Murray thousands of men, women and children all over the world are now learning the newest ballroom dances direct from New York. Mr. Murray's new invention is revolutionizing the teaching of dancing.

No longer is it necessary to go to an ordinary teacher and learn steps which are old. No longer is it necessary to learn in classes and be laughed at by onlookers, and perhaps by the teacher. You can now learn at home—in private—direct from America's foremost authority on social dancing. You can get expert instruction without going out of your own room, at a small fraction of the usual cost.

With Arthur Murray's new easy method, no music or partner is necessary. Even if you never danced a step—even if you never could carry a tune—you will quickly learn how to keep time to music and in a few evenings be able to step out on any dance floor with the utmost confidence that you are doing the latest and most popular New York dance steps.

You will be amazed at the simplicity of Arthur Murray's method. "More than 60,000 have successfully learned dancing by mail." You can learn the Fox Trot, One Step, Two Step, Waltz, College Rock, and all the newest dances easily in only a few hours, and at only a fraction the cost of an ordinary teacher.

Have you ever stopped to think of what learning to dance well really means to you? The good dancer meets new people all the time. He is invited everywhere because of his ability to entertain. The good dancer acquires ease and poise which give him self-confidence, an asset which is valuable in a business as well as in a social way. But most of all, the good dancer gets more fun out of life and gives others pleasure by dancing well.

## What Our Pupils Say

Hundreds of our pupils write in to tell us how delighted they are with their dancing lessons and what it has meant to them. Here are reproduced only a few of the many letters which arrive with every mail. The original letters are on file in our studio.

"Before I took your course I never thought that anyone could learn dancing by mail. But now I know different. I believe, and I know, that it is the only way to learn to dance. There is nobody to laugh at you when you make a mistake and the lessons are always in front of you in case you forget."

"I always wanted to learn dancing but did not like the idea of going to a dancing school and have them laughing at me. But now I can do some of the laughing. I certainly am getting along fine with the lessons."



*Why Miss Half the Fun in Life? Arthur Murray's lessons enable you to enjoy the pleasures and popularity of a good dancer*

W. F. —  
2356 Orianna St.  
Philadelphia, Pa.

## "They used to pass me by!"

"I am really ashamed of myself for not writing sooner, and telling you of the wonderful good your course has done me."

"Before I decided to take your lessons, I was just an outsider; to put it plainly, not wanted by any one because I couldn't dance."

"Whenever my friends were going to a dance I was not even mentioned, because they knew I was only embarrassing them and myself."

"Even at house parties there was always dancing, and again I was always put out about my not dancing. I then began to get desperate and determined to learn to dance; so I requested some friends to teach me, but it was no use. One would say dance this way, another would say dance some other way, so I gave it up."

"It was then I came across your ad in a magazine and I sent for your course, and I must say it was wonderful. The lessons were so clear and simple that a child could learn—why, it was altogether too easy."

"The rest has just been one pleasure after another, thanks to you. I have even learned to dance better than some of my friends that used to pass me by."

"And now whenever there is a dance no more am I a 'stay at home'; now I am 'one of the crowd.'"

P. — S. —  
Amawalk, N. Y.

There is no longer any reason for envying the good dancer who is popular and welcomed in every social gathering! With Arthur Murray's new easy picture method it is so easy to learn to be a really good



**ARTHUR MURRAY**

the Vanderbilt's instructor, is recognized as America's foremost authority on social dancing. His new easy picture method is revolutionizing the teaching of dancing.

## FREE DANCING LESSONS

To prove how easy it is to learn the latest steps by Arthur Murray's fascinating new method, sample lessons are sent absolutely free of charge. Read the interesting letter signed P. S., from Amawalk, N. Y. Why good dancers are popular explained.

## FREE SAMPLE DANCING LESSONS

Arthur Murray believes that the best way to convince you that you, too, can learn to become an accomplished, confident dancer through his new easy method, is to give you a few lessons free of charge. Simply clip the coupon, or write a letter, and he will send you by return mail a Fox Trot lesson, the Secret of Leading and Following, How to Gain Confidence and the Correct Dancing Positions. These valuable dancing helps will be sent absolutely free in plain wrapper. To help cover the cost of postage, handling, etc., send 10c, a small part of our expense. The lessons will be yours to keep. No obligation. For your own good, act at once! You can be the first one in your set to learn the newest steps and really enjoy dancing. Write today.

## ARTHUR MURRAY SCHOOL OF DANCING

Studio 267, 100 Fifth Avenue, New York

ARTHUR MURRAY SCHOOL OF DANCING  
Studio 267, 100 Fifth Ave., New York

To prove you can teach me the new dances easily and quickly, send me your free sample lessons in plain wrapper. I am under no obligations and the lessons will be mine to keep. To help pay for the cost of handling, postage, etc., I am enclosing 10c (or 10c in stamps).

Name.....

Address.....

City.....State.....



# How Cinderella Won Her Prince Charming

by Ann Carey



WHEN I think of my unhappy childhood—the shabby clothes I used to wear—the rickety rooms I once called home—the poverty, the humiliation, the suffering I endured—it is often difficult for me to realize that I am the same Ann Carey.

And when I contrast my former poverty with my present prosperity—when I see my beautiful clothes—my well-furnished home—and all the other luxuries I enjoy—I sometimes have to rub my eyes and look again to be sure it is not all a dream.

And yet my story is a very simple one that other girls can profit by if they will only read and heed. Here it is, in as few words as possible:

I learned to sew when I was ten years old. With money made with my needle I rented a typewriter. When I was sixteen I secured a position as typist in the office of the largest manufacturing company in our city. Mrs. Ball, under whom I worked, had a private office in which she had quite a library of books which attracted my attention, as I saw few books in my home. One day, seeing me admiring the books, she told me that I might take any of them home to read if I would be careful of them and replace them in the book-case just where I found them.

In one of the first books I took home I read this sentence: "What a rare gift is that of manners! Better to possess them than to have wealth, beauty or talent; they will more than supply all."

Not possessing either wealth, beauty or any marked talent, I decided I ought to improve my manners, and I asked Mrs. Ball, how I could do it. She took a book out of the case and said: "Here's a book on etiquette that will help you." At that time, I didn't even know what etiquette meant; but I took the book, and soon found out. It taught me the great importance of good manners—that if I wanted to be somebody and get somewhere I would have to stop doing a lot of things I was doing, and start doing a lot of things I was not doing. I learned that until I knew and followed the accepted rules of etiquette and culture I could never hope to win the respect, admiration and good-will of worthwhile people—the kind of people I wanted to associate with on terms of equality.

Well, I read and put into practice—day by day—the things I learned in that book. And I soon began to get results. As my manners improved and my attitude toward people changed, I found myself getting along much better with everybody in the office. In six months I was made assistant to Mrs. Ball, as she said I was the only one in the office that seemed able to get along with everyone.

Then, shortly after that, along came Prince Charming. Only he was not a prince at all—just a good-looking, clean-cut, sensible young man with the common, ordinary name of George. He was the son of our vice-president, just out of college, and put to work in our department to

learn the business. Every girl in the place—excepting myself—was more or less "rattled" and embarrassed at having the vice-president's son occupy a desk in our department. I was not at all upset. I knew just how to treat him and just how he wanted to be treated. I had learned that, months before, from my study of etiquette.

Well, to jump to the end of my story: George is now the assistant manager of the factory and I'm his happy little wife. And I feel that I owe all my success in life to that book on etiquette which taught me how to get rid of my awkward and repellent manners and cultivate a polish—a grace—a charm—a poise—that attracted the right kind of people and made them like me. And when you stop to think about it, getting people to like you is about the surest way to success.

## We Are Judged by Our Manners

Men and women—boys and girls—who have coarse, uncouth manners, can never hope to have opened to them the same opportunities and advantages more cultured people enjoy.

Those with whom we come in contact judge us at once by our manners—by what we do and what we say. If we are lacking in the simple rules of etiquette and culture we cannot hope to attract and favorably impress others.

The average person makes many little social errors—things that to him apparently mean little, but they are of sufficient importance to show his lack of social polish, and they keep cultured people at a distance.

While it is true that many successful marriages—like my own—are made by poor girls, they are girls who have come up to the high standard of good manners demanded by the men they married. No man of education and culture will marry a girl who is likely to bring embarrassment and humiliation upon him by her ignorance of the little niceties of polite society.

Unless one knows how to be thoroughly at ease among strangers—what to do at dinners, dances, receptions, weddings, etc.—how to make others feel comfortable—how to be calm and well-poised at all times—how to tactfully handle any little social problem that might arise—his or her chance of achieving any degree of social success is indeed small.

## The Importance of Charm

The more you look into the matter the more you realize that polished, charming manners are of the greatest importance to every one in every walk of life.

I know—and you know—lots of people whose rough, vulgar, unpolished manners make it utterly impossible for them to associate with or secure the respect of the right kind of people. They cannot obtain or hold important positions because they lack the politeness, tact and diplomacy necessary to get along with people harmoniously and successfully.

Thousands of well-meaning men, women and young folks are kept from all kinds of success simply because they have made the big mistake of not acquiring attractive pleasing manners that would make them popular. If these people only knew—if they only knew—the immense value of personal charm—how it immediately and effectively wins influential friends, opens wide the door to social and business advancement and makes smooth the whole pathway of life—they would start at once to acquire this great aid to social, business and financial success.

Good breeding—tact—courtesy—politeness—a winning manner—are magic wands that enable you to attract worth-while people, thereby building your social and business career on a strong and lasting foundation.

# Do not let the handicap of humble birth keep you from Social Success,

## You Can Have the Secret

It is now easy for you to learn the secret of acquiring a pleasing presence—a winning manner—that will interest, attract and make people like you.

The *American Encyclopedia of Etiquette and Culture* will put you in immediate possession of full information and easy-to-follow rules of conduct that enable you to always create the right impression—always do and say the right thing—thereby favorably influencing others and being welcomed, appreciated and admired in the best social circles.

The author of this up-to-date and authentic work is the internationally-known authority Marvin Dana, M.A., B.A., Ph.D., F.R.G.S., formerly editor *The Smart Set*; assistant editor *McClure's Magazine*; and on the editorial staff of the *New York Herald*.

The *Encyclopedia* is complete in eight little books, small enough to slip into a man's pocket or a lady's handbag. It is printed in clear, easy-to-read type on a fine quality of book paper. Do not make the mistake, however, of judging it as type, ink and paper. Its great value is not in these, but in the invaluable information it contains—by a recognized authority—rules for easily acquiring attractive manners and personal charm that are a continuous and ever present help all along the road to social and business success.

## Sent on 30 Days' Trial

The *American Encyclopedia of Etiquette and Culture* is sold on its worth and merit. You may have it on thirty days' trial with a positive guarantee of complete satisfaction or it does not cost you one penny. Once you have it in your possession, you will instantly realize its great value to you and to your entire future. It takes but a brief inspection to see just how it will help you acquire that pleasing presence—that tact and culture—that will attract others, make them your friends and win their respect, admiration and cooperation.

## Send No Money

Just sign and mail the 30-Days' Trial Coupon. When the *Encyclopedia* is delivered to you by your postman, hand him \$1.98, plus the few cents postage, simply as a deposit. Then take thirty days—a whole month—to examine and decide whether you want to keep this splendid work. If for any reason at all you are not delighted with it, simply return it and your \$1.98 will be refunded with promptness and politeness.

As the total cost of the entire set of eight books—if you decide to keep them—is now only \$1.98, you should investigate them immediately. So don't put it off another day. Mail the coupon at once to Independent Corporation, Dept. E-54, 22 West 19th Street, New York.

## 30 Day's Trial Coupon

INDEPENDENT CORPORATION  
Dept. E-54, 22 West 19th St., New York

Without money in advance you may send me Dr. Dana's \$3.50 complete set of "The American Encyclopedia of Etiquette and Culture" in eight pocket-size books. When it is in my hands I will pay the postman only \$1.98 (plus the few cents postage) in full payment, and there is to be no further payment at any time. Although I am benefiting by this special reduced price, I retain the privilege of returning this course within 30 days and having my money refunded if I am not satisfied. I am to be the sole judge.

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Address.....  
(If apt. to be out when the postman calls, send remittance right with the coupon.)

Was \$3.50—  
Now \$1.98

(A 43% Saving for You)

Send No Money—  
Just the Coupon

(We are able to make this special price to you for three reasons: (1) The cost of paper, printing and binding has dropped considerably. (2) The big demand for the *Encyclopedia* enables us to print editions sufficiently large to get the cost down to rock bottom. (3) We have made a special royalty agreement with Dr. Dana, based on this new, low price.)



# Startling New Facts About How to Lose Fat

The Natural Underlying Cause of Excess Flesh, Which Baffled Science for So Many Years, Has Been Discovered. Now Anyone Can Quickly Regain the Slender, Shapely Form of Youth Without Painful Dieting, Drugs, Exercises, Rolling, Patent Foods or Any Discomforts Whatever.

By EUGENE CHRISTIAN, F. S. D.

**D**URING my twenty-five years practice, thousands of my patients have been sufferers from obesity and the many diseases which seem to afflict particularly those who are overweight.

Many of them had tried various methods before they came to me. Some had fasted until they brought on a weakness that was worse than obesity. Others had tried drugs without any results whatever. Many had tortured themselves with strenuous exercises, rolling, massages, patent foods, etc., without experiencing the desired benefits. There seemed, to them, to be no relief from the burdensome fat.

No wonder they were delighted when I showed them all they had to do was to follow the simple little natural law which I had discovered in my practice. Then Nature herself would cause their reduction in a manner that is rapid, healthful and absolutely certain.

## Health Is Vastly Improved Also

When my simple easy method is followed, the blood circulates more freely, the skin clears, pimples and roughness vanish, the eyes take on a new sparkle and the step becomes firm and elastic. Constipation soon becomes a thing of the past, indigestion vanishes and that dreadful insidious, dangerous enemy, Stomach Acidity, the cause of so many rheumatic, kidney and liver troubles, is permanently expelled. Many write me that, in addition to all the other benefits, they have been astounded at losing wrinkles which they had supposed to be ineffaceable.

Mrs. Geo. Guiterman of 420 E. 66th Street, New York, who lost 13 pounds in the first 8 days, and reduced 40 pounds altogether, states that she feels better than she has in years. Mr. E. A. Kettel, of 225 E. 39th St., New York, prominent in newspaper circles, who lost 28 pounds in 30 days, writes that his health has been wonderfully benefited and he has entirely banished the terrible headaches which affected him almost daily when he was stout.

## The Secret Explained

Fat is due to a digestive fault, rather than to overeating. As you know, many people are stout who have very small appetites. Everything they eat seems to turn fat instead of good solid tissue, bone and muscle. Other people can eat exactly what the stout ones do—and yet remain thin.

Now, this habit of the digestive juices whereby food is turned into useless fat must be corrected—not by painful starving diet—but by properly combining ordinary everyday foods. I am not allowed space enough here to explain how there is a chemistry of food just as there is a chemistry of drugs. If I could go into details, you would see how simply and easily your relief is secured and you would wonder why this method was not discovered ages ago; so that today everyone would be slender and graceful.

## Eat the Foods You Like

You just combine your meals according to the method I show you, continuing to eat the foods you now eat and enjoy. Then they give you plenty of muscle, blood, bone, etc., but no fat. At the same time your present surplus flesh is consumed; often at the rate of a pound a day or more.

Best of all, the correct food combinations which reduce your weight are so much better than the unbalanced combinations which most people eat that you will wonder how your palate could have been so easily satisfied in the past. You'll enjoy your meals more than ever before.

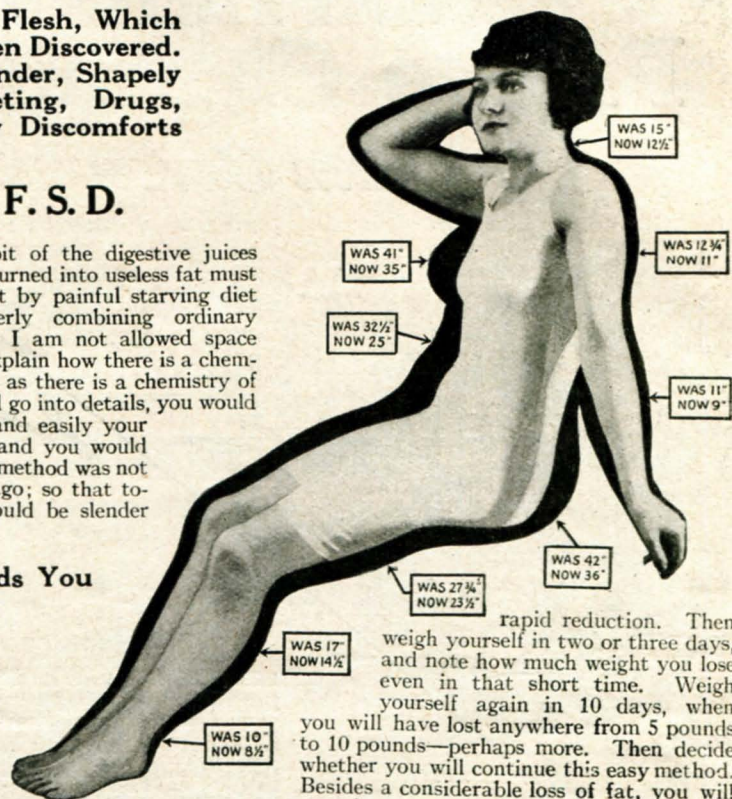
You can reduce as slowly or as rapidly as you please. That is under your own control. And when you have reached your normal weight you can retain it without gaining or losing any more.

## Good News for Stout Persons

For a great many years I treated all stout patients at my own office. However, this method of reducing surplus flesh is so simple, so easy to understand, that one can learn just what to do by reading a few simple instructions just as effectively as if they visited me in my office. So I have incorporated all these discoveries and have shown scores of delicious weight reducing combinations of food in 12 little books under the title of "Weight Control—The Basis of Health." Naturally I haven't the time to look after the distribution of these books, so they are being distributed by the Corrective Eating Society, Dept. W-276, 43 West 16th St., New York City.

## Free Trial—Send No Money

We want every stout reader of this publication to make a free trial of this delightful method, in his or her own home, without risking a penny. Accept these 12 books on FREE TRIAL. Follow the simple, easy instructions in books 1 and 2 for slow reduction. Follow the other books for more



rapid reduction. Then weigh yourself in two or three days, and note how much weight you lose even in that short time. Weigh yourself again in 10 days, when you will have lost anywhere from 5 pounds to 10 pounds—perhaps more. Then decide whether you will continue this easy method. Besides a considerable loss of fat, you will experience a marvelous improvement in health.

If you act quickly you can take advantage of a special reduced price offer that is being, made for a short time only. All you need do is to mail the coupon—or write a letter or postcard if you prefer—without sending a penny. When it arrives pay the postman the special price of only \$1.97 (plus the few cents postage) and the course is yours. The regular price of the course is \$3.50, but by accepting this special offer, you pay only \$1.97 (plus postage) in FULL payment. There are no further payments. But if you are not thoroughly pleased after a 10-day test of this method you may return the course and your money will be refunded instantly.

So you run no risk whatever. Either you experience, in 10 days, such a wonderful reduction in weight and such a wonderful gain in health that you wish to continue this simple, easy, delightful method; or else you return the books and your money is refunded without any question.

Don't delay. This special price will soon be withdrawn. Mail the coupon NOW. If you prefer to write a letter, copy wording of coupon in a letter or on a postcard.

Corrective Eating Society, Inc., Dept. W-276, 43 W. 16th St., New York City.

## CORRECTIVE EATING SOCIETY,

Dept. W-276, 43 West 16th St., New York City

Without money in advance you may send me IN PLAIN WRAPPER Eugene Christian's \$3.50 Course on "Weight Control—The Basis of Health," in 12 lessons. When it is in my hands I will pay the postman only \$1.97 (plus the few cents postage) in full payment, and there are to be no further payments at any time. Although I am benefiting by this special reduced price I retain the privilege of returning this course within 10 days, and having my money refunded if I am not surprised and pleased with the wonderful results. I am to be the sole judge.

Name.....

Address.....  
(If apt to be out when the postman calls, send remittance right with this coupon.)



**More Than 200,000  
Have Paid \$5 and \$7  
for This Famous Work!**

**—but now YOU get  
the original complete**

# ROTH

## MEMORY COURSE

for Only \$

**1.98**

**Improve your Memory in One Evening  
—or It Won't Cost You a Cent**

FOR a short time only, you can accept the most amazing offer we have ever made on the world-famous Roth Memory Course! We guarantee that this is *exactly the same course* for which nearly a quarter of a million people have paid \$5 and \$7. Yet through this astonishing new offer you can get the identical, *complete* Roth course they bought and praised—at this *ridiculously low figure*—\$1.98—less than one-third of the price thousands of others have paid. And that isn't all.

You get the same money-back guarantee that has always been given with The Roth Memory Course. It must improve your memory in *one evening* or it won't cost you a cent. A single evening's *fun* is *guaranteed* to give you the whole secret. Is this big advantage worth \$1.98 to you? That is all it will cost *you*, while this special offer lasts!

### Good Memory Means Keen Judgment

Your prosperity depends upon your memory. How can you do the right thing at the right time—make the correct decisions that produce results and secure your advancement—unless you can recall all the vital facts and figures on the spot? If you

can always remember clearly and accurately you have the priceless secret that will make your experience count for all it is worth *every time*. Just think what this will mean to you in dollars and cents!

David M. Roth's famous Memory Course shows you how to retain and recall a world of facts, figures, faces, addresses, telephone numbers, selling points and all kinds of other mental pictures—and shows you by means of such a simple system that even a 12 year old child can do it! In a single evening you may *double* your memory power by a method that is as fascinating as a game. You get results in the first few minutes.

## SEND NO MONEY

Over 200,000 people have paid \$5 and \$7 for the Roth Memory Course. It has given them the key to financial independence and social position. It will do the same for you. And now you can get it for only \$1.98. What is even more astonishing, you can have the course to read and study on *free trial*! You send no money. Just mail the coupon. Then pay the postman \$1.98, plus a few cents postage, when he hands you the complete Roth Memory Course. Your money will be cheerfully refunded at any time within 30 days if you are not delighted.

No matter what position you occupy, or what your ambition, you need a leak-proof memory to attain success. Take advantage of this remarkable offer now. It may soon be withdrawn. Mail the coupon or a postal card at once. It is not necessary to send any money unless you wish. Simply pay on arrival.

**Sale Ends  
Soon**

**Mail  
Coupon  
NOW**

### Independent Corporation

Dept. R-246, 22 West 19th St., New York City

Please send me The Roth Memory Course. I understand that this is the same course which sold for \$5 and \$7 and is guaranteed to improve my memory in one evening. I will pay the postman \$1.98 plus postage, as per your special offer, when the Course arrives. But if I am not satisfied, I will mail the Course back within 30 days, and you are to refund my money at once.

Name.....

Address.....

City..... State.....

Phys. Cult. 6-22.

INDEPENDENT CORPORATION, Dept. R-246, 22 W. 19th St., N. Y. C.



# Are We a Nation of Low-Brows?

*It is charged that the public is intellectually incompetent. Is this true? It is charged that the public is afraid of ideas, disinclined to think, unfriendly to culture. This is a serious matter. The facts should be faced frankly and honestly*

## Without Cultural Leadership.

The main criticism, as we find it, is that the people support ventures that are unworthy, that represent no cultural standards. The public is fed on low-brow reading matter, low-brow movies, low-brow theatrical productions, low-brow music, low-brow newspapers, low-brow magazines. We think the criticism is unfair in that it does not recognize the fact that the public is without cultural leadership. Those who have the divine spark get off by themselves. We believe the public has never had a real chance, never had an opportunity to get acquainted with the great and the beautiful things of life. Given half a chance, the public will respond.

We believe there has been enough talk about the public's inferior taste.

The time has come to give the public an opportunity to find out something about philosophy, science and other higher things. And it must be done at a low price, because the average person's pocketbook is not fat. As it stands, the publishers charge about five dollars a volume, and then wonder why the people stand aloof.

We believe we have a way to find out if the people are interested in the deeper problems of life. And the first thing we decided was to fix a price that shall be within the reach of the person with the most slender purse.

We have selected a library of 25 books, which we are going to offer the public at an absurdly low price. We shall do this to find out if it is true that the public is not going to accept the better things when once given the chance. And we

shall make the price so inviting that there shall be no excuse on the ground of expense.

## All Great Things Are Simple.

Once the contents of the following 25 books are absorbed and digested, we believe a person will be well on the road to culture. And by culture we do not mean something dry-as-dust, something incomprehensible to the average mind—genuine culture, like great sculpture, can be made to delight the common as well as the elect. The books listed below are all simple works and yet they are great—all great things are simple. They are serious works, of course, but we do not think the public will refuse to put its mind on serious topics. Here are the 25 books:

## Are the People Ready to Read These 25 Books?

**Schopenhauer's Essays.** For those who regard philosophy as a thing of abstractions, vague and divorced from life, Schopenhauer will be a revelation.

**The Trial and Death of Socrates.** This is dramatic literature as well as sound philosophy.

**Meditations of Marcus Aurelius.** This old Roman emperor was a paragon of wisdom and virtue. He will help you.

**The Discovery of the Future.** H. G. Wells asks and answers the question: Is life just an unsolvable, haphazard struggle?

**Dialogues of Plato.** This volume takes you into Plato's immortal circle.

**Foundations of Religion.** Prof. Cook asks and answers the question: Where and how did religious ideas originate?

**Studies in Pessimism.** Schopenhauer presents a well-studied viewpoint of life. The substance of his philosophy.

**The Idea of God and Nature.** John

Stuart Mill. How the idea of God may come naturally from observation of nature is explained in this volume.

**Life and Character.** Goethe. The fruits of his study and observation are explained in this volume.

**Thoughts of Pascal.** Pascal thought a great deal about God and the Universe, and the origin and purpose of life.

**The Olympian Gods.** Tichenor. A study of ancient mythology.

**The Stoic Philosophy.** Prof. Gilbert Murray. He tells what this belief consisted of, how it was discovered, and what we can today learn from it.

**God: Known and Unknown.** Samuel Butler. A really important work.

**Nietzsche: Who He Was and What He Stood For.** A carefully planned study.

**Sun Worship and Later Beliefs.** Tichenor. A most important study for those who wish to understand ancient religions.

**Primitive Beliefs.** Tichenor. You get a clear idea from this account of the beliefs of primitive man.

**Three Lectures on Evolution.** Ernst Haeckel's ideas expressed so you can understand them.

**From Monkey to Man.** A comprehensive review of the Darwinian theory.

**Survival of the Fittest.** Another phase of Darwinian theory.

**Evolution vs. Religion.** You should read this discussion.

**Reflections on Modern Science.** Prof. Huxley's reflections definitely add to your knowledge.

**Biology and Spiritual Philosophy.** An interesting and instructive work.

**Bacon's Essays.** These essays contain much sound wisdom that still holds.

**Emerson's Essays.** Emerson was a friend of Carlyle, and in some respects a greater philosopher.

**Tolstoi's Essays.** His ideas will direct you into profitable paths of thought.

## 25 Books—2,176 Pages—Only \$1.85—Send No Money

If these 25 books were issued in the ordinary way they might cost you as much as a hundred dollars. We have decided to issue them so you can get all of them for the price of one ordinary book. That sounds inviting, doesn't it? And we mean it, too. Here are 25 books, containing 2,176 pages of text, all neatly printed on good book paper, 3½x5 inches in size, bound securely in card cover paper.

You can take these 25 books with you when you go to and from work. You can read them in your spare moments. You can slip four or five of them into a pocket and they will not bulge. You can investigate the best and the soundest ideas of the world's greatest philosophers—and the price will be so low as to astonish you. No, the price will not be \$25 for the 25 volumes. Nor will the price be \$5, though they are worth more than that. The

price will be even less than half that sum. Yes, we mean it. Believe it or not, the price will be only \$1.85 for the entire library. That's less than a dime a volume. In fact, that is less than eight cents per volume. Surely no one can claim he cannot afford to buy the best. Here is the very best at the very least. Never were such great works offered at so low a price. All you have to do is to sign your name and address on the blank below. You don't have to send any money. Just mail us the blank and we will send you the 25 volumes described on this page—you will pay the postman \$1.85 plus postage. And the books are yours. Positively no further payments.

Are we making a mistake in advertising works of culture? Are we doing the impossible when we ask the people to read serious works? Are we wasting our time and money? We shall see by

the manner in which the blank below comes into our mail.

-----Send No Money Blank-----

HALDEMAN-JULIUS COMPANY,  
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# My New Way in Selling

## How I Learned the One Great Secret of Salesmanship in Twelve Hours

"YOUNG man, my advice is, to get into the selling end of the game!"

"But—"

"No buts about it, if you want to go ahead—sell. It is salesmen we want today—Salesmen. If you can sell things you will never have to worry about securing a position, or demanding a good salary."

"But, Mr. Cranshaw, I have had no experience—know nothing about it, why—"

"Then learn, sir—you've asked my advice and help, and there it is."

Deeply puzzled, I left his office. Like so many other young fellows looking for their first job, I had no very definite aim. I didn't mind hard work or small pay, as long as I felt that the future held some opportunity. I had called upon my father's old friend, Mr. Cranshaw, to help me decide what calling he thought promised the most. The above conversation was the result.

Mr. Cranshaw is an experienced business man and I respected his opinions. With his aid I found a job—and a fairly good one as jobs go—with a large farm-machine manufacturing company.

As soon as I learned something about my product I went out on the road. The optimism of youth was with me. I had a tremendous amount of self-confidence. My product was a good one.

But I ran into a snag when I came in contact with the hard-headed men who till the soil.

They were of all types, keen, and shrewd progressive men, who wanted to see an actual gain—return for every penny spent; old-fashioned men who didn't take to new-fangled methods; big business men who ran immense farms as a side issue. Every one presented a knotty problem. It seemed to me in my early days, that each man had to be "sold" in a different way. I kept a separate "method of attack" for each individual.

But, I was not a success. I made few sales. Every now and then, I put over a fairly big order, but I was not a consistent seller. The firm was not satisfied and they said so. I was costing them more than my work was bringing in. In a very frank talk one morning, they told me that if something didn't happen at once, I would be called in from the road.

Well, needless to say, I was discouraged. I thought things over. The success of my brother salesmen and competitors puzzled me. I observed them closely and tried to learn what it was that brought them their big sales. I noticed, to my surprise, that the men whose totals were the largest were the ones who seemed to work the least. But I could find no one trick that any of them possessed which I had not tried.

One day I met a hardware salesman in the smoking room of a train. We talked about the usual things for a while, then we branched into selling methods. In the course of his conversation he told me how, after many years of mediocre success, he finally learned the one great secret of selling and what that secret is. It was simple as A. B. C.

It almost bowled me over. The simplicity and practicality of this great basic rule of success dazzled me. My guardian-

angel must have been watching over me when I met that salesman.

With impatient eagerness I started to put into practice my new-found knowledge.



"In the last nine weeks my sales have topped the list."

The startling suddenness of the results was almost uncanny. After my next turn on the road the senior member of the firm personally congratulated me. My sales on that one trip were larger than the total of my three previous efforts. In four short months I became the best salesman on the firm's roster. I was leading even the oldtimers. And from that time to this I have never once relinquished the lead.

Mr. Cranshaw's promise had come true—"Get into the selling game, if you want to go ahead," he had said—and I had.

But before I had found the all-comprising fundamental secret of salesmanship, I had been as near a failure as a man can be. The rapidity of my sensational rise seems almost unbelievable—even to myself.

Don't misunderstand me, I am not trying to pat myself on the back. I am not an unusual man in any way and do not claim to be. What I am driving at is this: If I, a young fellow who almost missed my chance, could, in the short space of four months, become a top-notch salesman, merely by the mastery of *this one principle*,—others can do the same. And I must add my opinion to Mr. Cranshaw's, the selling game *does* hold the greatest promise of all for the future success.

This thing which so quickly placed me in my present highly-paid position of master-salesman was a knowledge of the

One Great Secret in Selling, and its 100 Devices as told in *Arthur Newcomb's* astonishing 7-lessons course in Super-Salesmanship. This course, I firmly believe is the nearest existing thing to a Royal Road to Success in Selling.

It is not, like so many other salesmanship courses, a theoretical treatise. It is old-fashioned common-sense brass-tacks. Like all other sciences, selling has for its foundation a certain bed-rock law. Ignorance of this is the reason so many salesmen fail.

Mr. Newcomb takes this law, shows it to you, explains it, and then shows you how to use it. It is your weapon. And it is worth more than all the tricks and stunts, and theories of selling put together.

Mr. Newcomb does not teach or preach. From his years of experience as salesman, sales-manager and student of selling-science he had condensed into this remarkable book, the one great selling secret—and its one hundred simple devices which all successful salesmen must have. He gives you this secret—that is all there is to it. No matter what you are selling the rule applies. Mr. Newcomb says, "This is the way to do it. Now go ahead." And it works. It always has worked. It has been tested and approved by every man who ever sold anything. Consciously or

unconsciously *every sale that has ever been made was made by the application of this one tremendous truth.*

But do not take anybody's word for it. You can be the judge yourself. It will not cost you one penny. Don't send any money. Merely mail the coupon or write a letter, and the complete course will be sent, all charges prepaid, at once, so that you may take advantage of the special price and save \$2. If you are not entirely satisfied, send it back any time within five days after you receive it and you will owe nothing.

On the other hand, if you are pleased as are the thousands of other men and women who have used the course, send only \$3 in full payment. You take no risk and you have everything to gain, so mail the coupon now before this remarkable offer is withdrawn. Independent Corporation, Dept.

S-246, 22 West 19th St., New York City.

(FREE EXAMINATION COUPON)

**Independent Corporation**

Dept. S-246, 22 West 19th St., New York

Gentlemen:—Please mail me the Course "Super-Salesmanship" for 5 days' free trial. If I decide to keep it I will remit \$3, the Special Price. Otherwise I will return it to you. It is understood that this coupon puts me under no obligation whatsoever.

Name.....

Address.....

..... Physical Culture, 6-22

### 400,000

people have paid \$5 or \$7 for one of our Self-Improvement Courses—and remember no one was asked to pay until he had five days to examine the course in his own home.

Until the Independent Corporation published the "Roth Memory Course," "Paragon Shorthand," "Mastery of Speech," "Drawing, Art and Cartooning," "Reading Character at Sight," "How to Write Stories," "Super-Salesmanship," and other personal development courses, where could anyone buy similar courses for less than \$15 to \$75?

Because we want to add two hundred thousand more names to our list of satisfied customers at an early date, we are making a

**Special Price, \$3**  
(Regular Price 5)

Others sell from \$15 to \$75

Act quickly as this special opportunity may be open for only a short time. Many purchasers have written letters similar to Robert P. Downs, of Detroit, Mich., who recently wrote

"I can't see how you ask so little, while others with far inferior courses get from \$20 to \$80 for theirs."





# Ten Mistakes Are Being Made in This Picture

## Can You Find Them All?

**S**OME are the bad blunders in table manners. Some are mistakes in dress. Some are glaring blunders in good form. All are errors that you should be able to find at once—errors that are usually made by those who do not know the rules of good society.

See how many you can find. See whether or not any of them are errors you have ever made. It is embarrassing to make blunders in a public place—humiliating to commit breaches that give others the wrong impression. To know exactly what to do, say, write and wear on all occasions, under all circumstances, is to be well-poised and at ease in the company of the most brilliant and highly cultivated people.

### At the Dinner Table

Perhaps you are finding it difficult to find the ten mistakes illustrated in the picture above. Suppose you glance through these questions—they may help you.

What is the proper way to hold the knife and fork? Should the knife be placed on the table, after using, or on the plate? If a fork or knife is dropped, should a man pick it up or allow the waiter to attend to it? What is the correct and cultured way to eat corn on the cob? How should a napkin be used, a finger bowl? Should a gentleman sit to the right of a lady at the table, or to the left?

In entering a dining-room together, who precedes—the man or the woman? Who precedes when they leave the dining-room? How can a person learn to be calm and at ease in a public dining-room? Do you know how to create conversation?

### Can You Answer These Questions?

It is not only in the dining-room that one must observe the rules of good form if one wishes to be happy and at ease. There is the ballroom, where problems of etiquette are constantly arising; the hotel, where one can suffer keen embarrassment if one does not know how to register, how much to tip the porter, how to conduct oneself in the dining-room. There are weddings, social entertainments, parties, teas—every day in our contact with men and women we need social knowledge to give us grace and charm.

Do you know what to wear to an afternoon dance? Do you know what a man should wear to an evening dance? How should a gentleman ask a woman to dance? What are the correct dancing positions?

When should wedding invitations be issued and how should they be acknowledged? What should the bride's trousseau consist of? Does the maid-of-honor carry a bouquet of flowers? How should the home be decorated for the wedding? What is the correct order of precedence for the wedding march?

Then, of course, there are the little personal

problems that are constantly arising—problems that can be solved only through application of the rules of etiquette. These rules do not represent a fad or a fashion, to pass and be forgotten. They are customs that have come down through centuries of developing culture and that are observed today in the best families of America and Europe. For instance, do you know whether or not a widow wears her first wedding and engagement rings when marrying for the second time? Do you know whether the bride uses her own initials or not when embroidering her linens?

To those who know without hesitation or doubt all the important little rules of good conduct, mingling with men and women brings happiness, success. To those who are constantly in fear of doing or saying the wrong thing, who are constantly embarrassed and ill-at-ease, who commit breaches in etiquette, mingling with men and women often brings unhappiness, humiliation.

### What Etiquette Means

You probably know, in your own acquaintance, a man or woman who always seems to do and say the thing that is absolutely correct. That person knows the rules of etiquette. He has a certain calm, well-poised dignity that makes people admire and respect him. He is always welcomed wherever he chances to go, and his friends never think of having an entertainment of any kind without inviting him—or her.

That is what etiquette does—it gives you poise, charm, grace. It gives to you that ease and fine repose of manner that characterize the well-bred person. The French like to call it *savoir-faire*. With it one may possess personality, dignity, cultivation. It often means the difference between social success and social failure.

Etiquette should serve as a shield that protects you from embarrassment and humiliation. It should enable you to do and say at all times what is correct and in good form. It enables you correctly to issue invitations and acknowledge them, to give an entertainment and attend one, to make introductions and to acknowledge them, and helps you to create conversation and keep it flowing smoothly.

### The Book of Etiquette

Two Large Volumes Sent to You FREE for 5 Days

Into two handsome library volumes have been gathered in interesting, authentic form the rules of etiquette that represent centuries of polite association between men and women. Here you will find everything you want to know—from the correct amount to tip the porter in a foreign country to the correct thing to say when you overturn a cup of coffee on

your hostess' table linen. Here at last is a book on etiquette in two volumes that will solve for you problems of etiquette that may arise in your contact with the social and the business worlds.

The Book of Etiquette it is called. It is encyclopedic in its scope, but written in as interesting a form as a story. It covers all phases of etiquette—weddings, dinners, funerals, entertainments, dress, correspondence, visiting, introductions, dances—even travel etiquette. There is one complete chapter devoted to the business woman, and another devoted to etiquette in foreign countries. And if you like chess, bridge, billiards, golf, tennis, you will find extreme enjoyment in reading all about their history in the chapters called "Games and Sports."

The Book of Etiquette, complete in two library volumes, will be sent free for 5 days to anyone requesting it. All that is necessary is that you clip the coupon below and mail it at once. This special free examination offer enables you to see the Book of Etiquette, read the table of contents, glance at the illustrations entirely without cost or obligation. You have the privilege of returning the books within the 5 day period and the examination will not have cost you one cent. Or if you are delighted, as we know you will be, you may keep them and send us only \$3.50 in full payment.

### Mail the Coupon NOW

We know you will not overlook this splendid opportunity to read and examine the Book of Etiquette in your own home. Remember it need cost you nothing if you are not entirely satisfied with the set. You are not obligated in any way to keep the books. Don't miss this opportunity of having them free for 5 days.

Here's the coupon—clip and mail it at once. Find out why the bride wears a veil, why a tea-cup is given to the engaged girl, why black is the color of mourning. The Book of Etiquette tells you all about it. Mail the coupon NOW. Nelson Doubleday, Inc., Dept. 86, Oyster Bay, N. Y.

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Dept. 86, Oyster Bay, New York

Without money in advance, send me the two-volume set of the Book of Etiquette free for 5 days' examination. Within 5 days I will either return the books or keep them and send you only \$3.50 in full payment.

Name.....  
(Please write plainly)

Address.....

☐ Check in this square if you want these books with the beautiful full-leather binding at \$5.00 with 5 days' examination privilege.



# Science Discovers the Secret of Caruso's Marvelous Voice

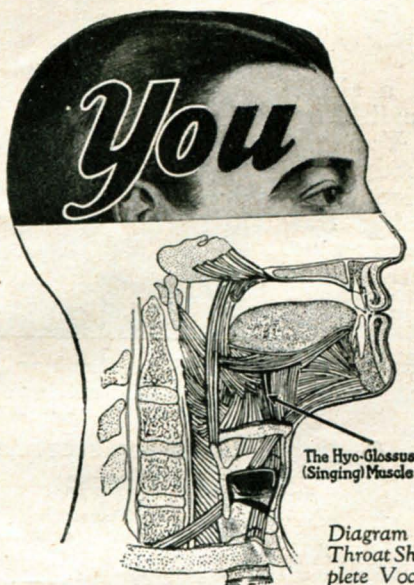


Diagram of the Normal Throat Showing the Complete Vocal Mechanism.

## Caruso's Throat and Yours

Why is it that the humble peasant boy of Italy became the greatest singer of all time? This diagram of his throat will show you. Caruso's marvelous voice was due to a superb development of his Hyo-Glossus muscle. Your Hyo-Glossus muscle can be developed too! A good voice can be made better—a weak voice become strong—a lost voice restored—stammering and stuttering cured. Science will help you.

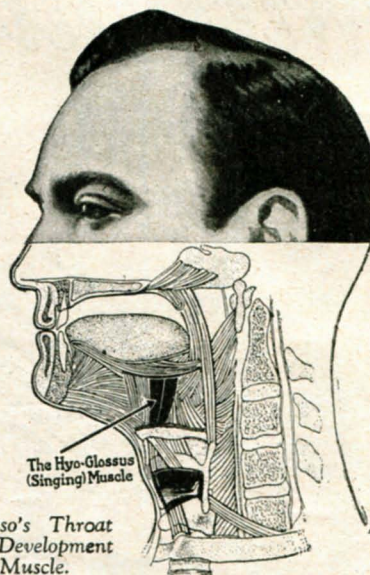


Diagram of Caruso's Throat Showing the Superb Development of his Hyo-Glossus Muscle.

## We Guarantee—Your Voice Can Be Improved 100%

EVERY normal human being has a Hyo-Glossus muscle in his or her throat. A few very fortunate persons—like the late Caruso—are born with the ability to sing well. But even they must develop their natural gifts. Caruso had to work many years developing that muscle before his voice was perfect. Whether your voice is strong or weak, pleasant or unpleasant, melodious or harsh, depends upon the development of your Hyo-Glossus muscle. You can have a beautiful singing or speaking voice if that muscle is developed by correct training.

### Prof. Feuchtinger's Great Discovery

Professor Feuchtinger, A. M.—descendant of a long line of musicians—famous in the music centers of Europe, Munich, Dresden, Berlin, Bayreuth, Vienna, Paris and Florence, for his success in training famous Opera Singers—discovered the secret of the Hyo-Glossus muscle. Dissatisfied with the methods used by the maestros of the Continent who went on year after year blindly following obsolete methods, Professor Feuchtinger devoted years of his life to scientific research. His reward was the discovery of the Hyo-Glossus, the "Singing Muscle".

Professor Feuchtinger went even farther into the Science of Singing.

He perfected a system of voice training that will develop your Hyo-Glossus muscle by simple, silent exercises right in your own home.

### Grand Opera Stars Among His Students

Hundreds of famous singers have studied with Professor Feuchtinger. Over 10,000 happy pupils have received the benefits of his wonderful training.

There is nothing complicated about the Professor's methods. They are ideally adapted for correspondence instruction. Give him a few minutes each day; The exercises are silent. The results are sure.

The Perfect Voice Institute guarantees that Professor Feuchtinger's method will improve your voice 100%. You are to be your own judge—take this training—if your voice is not improved 100% in your own opinion, we will refund your money.

### A Beautiful Voice for YOU

You do not know the possibilities of your voice.

If you want to sing—if you have always felt that you could sing but lacked the proper training because you had not

the time nor the means to study—here is your chance. Professor Feuchtinger's course will improve your voice 100%. You can now learn to sing at a very small cost and in the privacy of your own home.

If you want to improve your speaking voice—if you stammer or stutter—Professor Feuchtinger will help you.

### Professor Feuchtinger's Book "Voice Culture" Free

Send us the coupon below and we'll send you FREE this valuable work on the Perfect Voice. Do not hesitate to ask. Professor Feuchtinger is glad to have us give you this book and you assume no obligations whatever by sending for it.

You will do yourself a great and lasting good by studying this book "Voice Culture". It may be the first step in your career. Do not delay. The number of these books is limited. Send for "Voice Culture" today.

### Perfect Voice Institute

Studio A572, 1922 Sunnyside Ave., Chicago

Please send me FREE Professor Feuchtinger's book "Voice Culture". I have put X opposite the subject that interests me most. I assume no obligations whatever.

☐ Singing ☐ Speaking ☐ Stammering ☐ Weak Voice

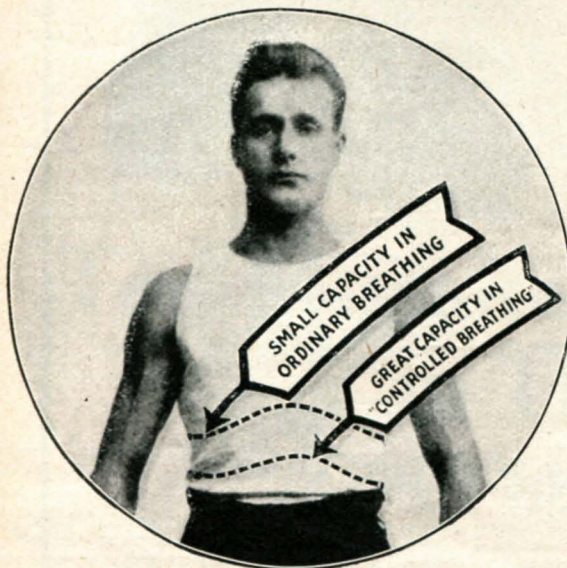
Name \_\_\_\_\_

Address \_\_\_\_\_

**Perfect Voice Institute**  
1922 Sunnyside Ave., Studio A572, Chicago, Ill.



# Keep Gloriously Fit —Without Exercise!



## The AUTOMATIC WAY to Bodily Power!

Once this simple system is learned—including the absolute control of the diaphragm (called the "seat of strength" by the ancient Hindoos)—"controlled breathing" becomes a habit—and requires no further thought on your part. And all of the time, even during sleep, your entire system is gaining the maximum amount of "oxygen energy" with every breath—keeping the body constantly at "concert pitch"—always ready for fight or frolic!

**N**OW you can have the tireless mental and physical energy that comes from a powerful, perfectly harmonious body—without putting yourself through any tiresome, inconvenient, boring exercise.

After years of experiment and research, Edward Lankow has re-discovered the true, basic, natural law that produces both bodily and mental power and endurance. He has found again the secrets the ancient Greeks used to gain the wonderful physiques that have been immortalized in statues like the Venus de Milo and the Apollo of Praxiteles.

And Mr. Lankow has found—wonderful to relate—that strenuous, "muscle-building" exercises are totally unnecessary! He has proved that the true secret of bounding physical vitality, strength, resistance to colds, constipation, and more serious ailments lies in an amazingly simple method of BREATHING!

Mr. Lankow practised his discovery for years on himself before deciding to make it public, and there could be no more striking illustration of its marvelous results than the perfect body of this famous singer himself.

Edward Lankow is a big, robust giant of a man, with the endurance to work eighteen hours a day, and the strength of a wrestler—yet he never exercises. He pays no attention to diet—eats anything that appeals to him—wears only the lightest underclothing and a light-weight overcoat, even in the coldest of winter weather. He is a fine example of what is called the "singer's physique"—deep, powerful chest, a strong diaphragm, fine shoulders and military carriage—a walking dynamo of "oxygen energy."

**Y**OU need not spend a single minute in exercise, calisthenics or gymnastics. You can easily develop a powerful body, with glorious health and physical capacity, through the amazing new hygienic discovery made by Edward Lankow, the famous basso of the Chicago, Metropolitan and Boston Opera Companies. Prominent public men and women report astonishing results in the use of "oxygen-energy."

## Why a Singer Made This Marvelous Discovery

While the ancient Buddhist priests of India (as well as the ancient Greek athletes) used their deep knowledge of the science of "controlled breathing" to bring about astonishing physical development without exercise, the method was completely lost to the world until Mr. Lankow rediscovered it a short time ago.

If he had not been a great singer, endeavoring constantly to gain more perfect control of the breath for tone-production, he might never have discovered and developed the marvelous health and strength-building effects of "oxygen-energy"—and the Science of Controlled Breathing would still remain lost.

## What Is "Oxygen Energy"

When you hear people say, "I ought to get more exercise!" they really mean "I ought to have more oxygen energy." It is the oxygen gained by the body, through the lungs, during exercise, that is beneficial, not the strenuous, tiring movements that the body goes through. Mr. Lankow's discovery enables you to make use of the enormous stimulating, restorative, strength-building effects of oxygen by a special method of "controlled breathing"—without exercise.

This method results in greater mental clearness and physical perfection than you have ever known before, and gives results entirely unattainable through exercise. You should not blame yourself for feeling disinclined to take strenuous exercises regularly, for if you live and breathe as Nature intended, these movements are totally unnecessary. "Controlled Breathing" alone will keep your body and mind in the pink of condition—and bring you to the full realization of such health and "drive" as you have never dreamed possible!



Edward Lankow

Famous Basso of Chicago, Boston and Metropolitan Opera Companies.

## Controlled Breathing Prevents And Helps Disease

This is the very same method that was endorsed by the U. S. Government and taught at Camp Gordon, to thousands of officers in the army, by Mr. Lankow himself. Prominent physicians, including Surgeon General Blue himself, have given Mr. Lankow's system the strongest possible recommendations and support. One high army official recommended that the system be taught in the U. S. Military Academy at West Point. It has even been endorsed and praised by the *Société Internationale de Tuberculose*—and a great health authority said, "Give the world two generations of children taught this trained, scientific method of breathing and you will make the community free of consumption."

Diseases like catarrh and hay fever, suffered by 90 per cent of people, can be banished by Controlled Breathing; stomach troubles will disappear; and excess flesh can be effectively reduced.

If your voice is weak, thin or harsh, Controlled Breathing will help you acquire a voice whose resonance and beauty of tone and clear forcefulness will be a pleasure to yourself and others.



## Macfadden Praises It

Bernarr Macfadden world-famous authority on Physical Culture, says: "To use Breath Control means to be keenly, joyously alive... brimful of vitality. Mr. Lankow's system develops strength automatically—his system is as nearly perfect as human intelligence and science can make it."

## Send No Money

"Breath Control" has proven to be of such remarkable health restoring and sustaining value in tens of thousands of cases—it has been so unqualifiedly endorsed by many prominent persons, that we feel sure that you, too, will like to own this method that performs wonders in increasing physical vitality. This

new method requires only a few moments a day practice until the "Controlled Breathing" habit is formed, and you will be simply astonished to see how quickly it will help you to remarkable strength, glorious health and renewed energy.

Just write your name and address on the coupon below and the complete method will come to you promptly. When the postman hands it to you, simply pay him \$1.97, plus a few cents postage and the method is yours—no further payments of any kind. If you should decide that you do not want this wonderful new method after examination, you are free to send it back to us, and your \$1.97 will be promptly refunded to you. You send no money now; just the coupon. Mail it today, while this special introductory offer is open to you.

## The Thompson Barlow Company

Dept. 56 43 West 16th St. New York City

The Thompson Barlow Company  
Dept. 56, 43 West 16th St., New York City

Please send me Edward Lankow's famous method of "Breath Control." When the postman hands it to me I will pay him \$1.97 plus a few cents postage (in full payment). If for any reason I am not satisfied I will return it and you agree to promptly refund my money without question.

Name.....  
Address.....  
City..... State.....





"The Dawn of Physical Happiness"

## HOW TO GET MORE OUT OF LIFE

*Olympian Society's Big Movement Toward Mental and Physical Betterment*

By MARY E. WOODS  
National Secretary

**T**HERE is joy in my heart as I write this announcement my society has authorized me to make. For this is a true opportunity. A practical plan for becoming the woman you were meant to be! Your dearest wishes of bodily health, mental vigor, and womanly charm—all placed in easy reach.

First I will tell you what this new movement is; what it has done, and for whom. Then as to how you may take part—for your own benefit. Olympian is now nearly 40,000 strong! That many women have already shared its secrets of successful living.

No drudgery, denial or tedious study, The Olympian plan is a fascinating force for the better enjoyment of womanhood, interesting every step of the way, easy to follow.

Every woman who tries this plan, and uses it even one month will experience benefits fairly amazing. Read how these results are achieved:

### First: A Glorious State of Health

The first fundamental of a state of happiness is health. So, Olympian starts with the natural principles of health. Some of them, you may know. But what has been always lacking is the key to their use. You are told the scientific secrets of applying these principles with full force. Results come very quickly.

You will feel changes the first week. A month brings improvements hard now to believe. Quickened energies crowd out every petty ailment. New physical and mental powers seem inexhaustible.

### Quick Development of Personal Attractiveness Comes Next

Next are developed the traits which make for personal magnetism. The knack of making others like you is acquired—and the processes are fascinating. Your progress will astonish you.

The next stage is physical manifestations of womanly charm. Unmistak-

able changes are wrought in your carriage, poise, in your step, in your attitudes in repose. The analyses, charts and pictures, the illustrated text, all are so simply and plainly set forth that every minute is interesting.

### Worth-While Beauty Secrets

Nothing bought in a bottle can rival Olympian as an aid to physical beauty. When told the scientific causes of supple body and limbs—a clear skin—sparkling eyes—pretty shoulders—right body proportions—luxuriant hair—it is easy to obtain them.

You'll learn how to remove 30 to 40 lbs. of excess flesh in sixty days—in a healthful manner. How to remove lines in the face and neck (unless you are past sixty.)

Three scientific hair-health secrets that bring hair to abundant thickness, length, and lustre are fully explained.

### Two Weeks' Membership Free From Dues

The wealth of material necessary to the plan of the society, is valuable, of course. But we are now in a position to loan it all. Furthermore, you may enjoy full membership privileges for two weeks; all without paying dues. Of course, this trial membership can but start the big benefits. There can be but one of the twelve discussonal lectures sent you; but one bulletin for individual guidance. However, the special service features you may use to the full—making daily demands, if you wish, on any or all of twenty-seven departments in which the world's foremost specialists counsel you on health, beauty, education, or any problem of life! You have two full weeks' use of the complete material without obligation to join—but I think you'll wish to! I know what it has done for me personally. I get scores of letters enthusiastically as these:

"I never thought so much could be crowded into two weeks: I am happy to enroll as a permanent member." . . . "Olympian's fascinating course has meant more to me than I can tell. Enroll me permanently."

### For Married Women and the Young Miss

The married woman joins Olympian in the knowledge that much of the entire course holds value for every member of her family. Problems of motherhood find practical aid, in every department.

Mothers have told us, for example, that their daughters have found Olympian helpful in striving for mental and bodily perfection.

Any woman who realized all that these simple principles can mean not alone to her, but to her family, would deem it her duty to join.

### An Action-Compelling Offer

And now for the opportunity—your opportunity: we want you to try membership in our organization for two weeks. No obligation to go a step further; nothing that you must buy. Your application for temporary membership will, at present, bring Olympian Society's complete material. You may have unrestricted use of all, full privilege of consultation, you will in effect be a full-fledged member of Olympian for two weeks. If you decide that membership the full year is worth a hundred times the small monthly tuition fee, the society will welcome you as a permanent member.

Apply on the handy form presented below. Send no payment of any sort—nor do you pay anything on delivery. The trial is entirely free.

### Application for Temporary Membership

OLYMPIAN SOCIETY,  
Calumet at 21st St., Chicago, Ill.:  
Please grant me temporary membership with full privileges and unrestricted use of complete Olympian material free of charge for two weeks. I will either enroll for permanent membership and enclose \$2 enrollment fee or return all material by parcel post at the end of the two-week free trial period—with no further obligation. (114)

Name.....

Address.....



# THE MASTER KEY

Do you recall one of those rare moments in life when the veil is lifted for a moment, when a breath of inspiration comes like a flash, when the future seems to be suddenly illuminated, when you feel a mastery stealing into hands and brain, when you see yourself as you really are, see the things you might do, the things you can do, when forces too deep for expression, too subtle for thought, take possession of you, and then, as you look back on the world again, you find it different, something has come into your life—you know not what, but you know it was something very real?

There is a power which can unlock the secret chambers of success and throw wide the doors which seem to bar men from the Treasure house of Nature. This may seem to be too good to be true, but remember that within a few years science has placed almost infinite resources at the disposal of man, is it not possible that there may be other laws containing still greater possibilities.

You need not acquire this power. You already have it. But you want to understand it; you want to use it; you want to control it; you want to impregnate yourself with it, so that you can go forward and carry the world before you.

And what is this world that you would carry before you? It is no dead pile of stones and timber; it is a living thing! It is made up of the beating hearts of humanity and the indescribable harmony of the myriad souls of men, now strong and impregnable, anon weak and vacillating.

It is evident that it requires understanding to work with material of this description; it is not work for the ordinary builder.

If you, too, would go aloft, into the heights, where all that you ever dared to think or hope is but a shadow of the dazzling reality, you may do so. Upon receipt of your name and address, I will send you a copy of a book by Mr. Bernard Guilbert Guerney, the celebrated New York author and literary critic. It will afford the inspiration which will put you in harmony with all that is best in life, and as you come into harmony with these things, you make them your own, you relate with them, you attract them to you.

But be careful that you do not miss this wonderful opportunity because of its great simplicity. Get your letter in the mail today; it will take but a moment, but it may be the supreme moment, in which you may discover the secret for which the ancient alchemists vainly sought, how gold in the mind may be converted into gold in the heart and in the hand!

CHAS. F. HAANEL, 212 Howard Bldg., St. Louis, Mo.

**Please Note:**

*This book is sent without cost or obligation of any kind, either direct or implied.*



# PHYSICAL CULTURE

## BERNARR MACFADDEN'S VIEWPOINT

### A Cure for Syphilis

**N**EARLY thirty-five years have elapsed since my attention was called to the drugless or natural means of curing syphilis. It seemed like a fantastic dream to me at that time. How could such a deep-seated, mysterious complaint be cured by such simple methods, was the natural query which then came to my mind.

With advancing years my interest in this serious problem increased. Every opportunity was eagerly grasped to acquire more knowledge in reference thereto. Books dealing with the subject were carefully studied, but in the last twenty years I have acquired at first hand from physicians and cured patients, information that would entirely revolutionize the methods now used in treating the disease, if the details were thoroughly understood.

There is no need of dilating upon the diabolical character of this monstrous evil. We all know the extent to which it has tainted the entire civilized world.

The examination of the flower of our manhood, during the war, dispelled all our ignorance, pretended or otherwise.

Syphilis can rightly be called a horrible monster that has crept into the innermost recesses of the very soul and body of the human race.

If we are to accept the statements of many syphilologists who have devoted their lives to the study of this disease, an examination of a hundred individuals that you might select at random, as they pass along the street, would prove that a very considerable percentage of our population is tainted with this vile disease. The Wassermann test, it is claimed, proves the accuracy of this statement.



### Stop the Foul Stream at Its Source

**A**ND yet some people will object to even a reference to this complaint. Hide it. Keep it dark. Let the dirty foul stream flow on. Merely ignore it. Refuse to recognize its existence. This is the policy that leads to weakness, disease and ultimate racial extinction.

Syphilis might aptly be compared to a foul stream, not unlike a sewer, that is flowing through this particular period of civilization. And we can rightly ask, will the stream be stopped by our closing our eyes, as does the ostrich, who hides himself by sticking his head in the sand? Can we not rightly claim that the proper way to stop this disease is through the knowledge that comes from subjecting it to the glaring light of publicity?

Stop the stream at its source. Make the knowledge of syphilis and its cause so universal that every child will understand the details in reference thereto. That is the only way this unspeakable evil can finally be eliminated.

Some of our friends will think that the discussion of this disease is out of place in this publication, but as we intend to assist in discovering a definite and dependable means of curing the complaint, they can hardly do otherwise than endorse our efforts.

There are various natural methods of curing this complaint. A hydropathic physician, with the experience of a lifetime, told me on one occasion that he had never had a case of syphilis that he could not cure—that hydropathy was an absolutely dependable remedy.



### Natural Diet Dependable Remedy

**M**ANY cures have been effected by natural diet, associated with other methods of upbuilding of various kinds. Dependable information has been given me of cases that have been cured by an alternate fast and tomato diet. The patient fasts one week, drinking water quite freely, then the next week he eats nothing but tomatoes with water, as desired. The third week he fasts and the fourth week repeats the tomato diet, thus continuing to alternate between these two regimes, until entirely cured.

About fifteen years ago I had the opportunity personally to observe a case cured by a fast, followed by a milk diet, in which every examination proved the cure to be definite and permanent. The patient in this particular case married and had a perfectly healthy child. Full details of this case were published in *PHYSICAL CULTURE* with pictures of the patient and his wife and child.

While this editorial was in process of preparation, I received a visit from a patient whose treatment by fasting and the milk diet I had observed about twelve years ago. At that time he claimed to be on his last legs. His own words were to the effect that he was "rotting away with the disease." In a few months he was entirely cured and subsequently developed into a fair athlete. Today when I saw him, after all these years, he was still a young man. He maintained that his cure was effective in every possible way, that no signs of the disease had recurred. He has promised us an article, giving full details of his cure, together with his condition during the intervening years, which we expect to publish in an early issue.

We have had but little to say in *PHYSICAL CULTURE* in reference to the revolutionary possibilities of this method of curing this serious scourge. We believe that, to a certain extent, it is out of our sphere.

We have been waiting and hoping that the allopathic physicians who have been entrusted with the cure of this disease would finally discover this simple remedy, or something as dependable, but past experience seems to indicate that anything the allopathic physicians use must come through Germany. Or it must be so enwrapped in such mystery that it cannot be understood by themselves or their patients.



## Germany the Source of Allopathic Medicine

**T**HE specific "606," a German product, was lauded as the only cure for this affliction, though every experienced and conscientious physician maintains that it is not a specific remedy, and that it is not dependable in all cases.

When Germany lost our favor, instead of searching for some other means of curing the disease, the allopaths secured a substitute for it. Their idea seems to be that mystery must be combated by additional mystery.

However, little is known of syphilis, and less is known of the final physiological effects of the remedies adopted for its cure.

Patients may be all right a year or two after the alleged "cure," but how about ten years or twenty years thereafter? Many physicians will tell you that they are thoroughly familiar with syphilis. That they have even isolated the germ associated with it which they have named "spirocheta pallida." But naming a disease is not curing it, by any means.

I recently concluded that there is only one way to compel the allopathic profession to stop poisoning the public with the various dangerous remedies that are now being used in the cure of syphilis—salvarsan, mercury, iodide of potassium, etc. Fifteen or twenty years ought to be a sufficient length of time for even the dictators of the science of medicine to discover a simple remedy for the cure of this disease, a remedy that has been effectively used in many instances by their own patients.

The attitude of many allopathic physicians towards this simple method of curing this disease, is clearly indicated by a recent experience.

Our friends will no doubt recall the offer we made some time ago to accept a number of cases of syphilis that we would agree to place in the hands of a physician, to be treated in accordance with the principles of natural methods—the remedies being fasting, followed by the milk diet.



## "Me and God" the Attitude of Some Allopaths

**I**N the beginning of this experiment we were especially desirous of having the symptoms of the patients most carefully diagnosed. Therefore we sent two of these patients to a medical organization for physical examinations. We told these two young men not to say anything about the experiment which we were conducting, but we gave each one of them a letter which stated that we would defray the expense of the examination.

One of these patients proved to be very talkative. Therefore the doctor in charge learned that they were to be treated by natural methods. He refused to allow them to continue the examination, or to give them the findings that had been secured in their cases.

You would naturally suppose that a man in his position would welcome knowledge, no matter from what source it might come; but he resented, in a most emphatic manner, the very idea of any one attempting to treat syphilis by any other means than that which has been laid down by accredited medical men.

This physician is in charge of an organization examining thousands of people. You would naturally expect

of him an unusual breadth of knowledge, a willingness to investigate, a desire to learn all there is to know, at least on a serious disease of this character, and yet when he learned of this experiment, he made no effort to hide his indignation. "Who has the right to treat disease except me and God?" was his attitude; and you frequently find this sort of bombast among allopathic physicians.

The man who knows the most is frequently the most modest. A domineering, pig-headed, "know-it-all" attitude places ignorance on the throne. The man who makes flamboyant pretense, frequently knows little more than nothing.

PHYSICAL CULTURE has been influenced, at all times, by an overwhelming desire to know the truth. We believe that physicians who dogmatically maintain that they are right, without investigating cures that have been made by other methods than their own, are nothing more than commercial mountebanks. At heart they are pretenders, charlatans and "quacks." They should be run out of the profession that they disgrace with their pig-headed ignorance and incompetence.



## Another Amazing Story of Cure

**I**N this issue we are publishing another story of an actual experience of a young man who practically dragged himself from the grave by means of fasting, followed by the milk diet. He had followed all the accredited methods of curing this disease recommended by allopathic physicians, with no avail. He was "down and out." He was informed that there were possibilities of cure through fasting and milk diet, and we have his story presented to you in full detail in this issue.

Now, it is our intention to present and re-present the facts in reference to the value of this method of curing this disease, until the public everywhere rises up and demands reasonable and sensible treatment from those authorized to treat it.

We are at present paying the entire expense associated with the treatment of a number of cases of syphilis according to the methods referred to. We have nothing to gain by this, except to prove to every intelligent individual that our statements in reference to the value of these methods, are accurate. We have no "institution" in which this disease can be treated, and we cannot recommend you to any physician. The facts as to the methods used, are presented in the article in complete detail. They are so simple that a child can understand them.

It is our intention to carry on a campaign of education. We would gladly join with every honest intelligent physician, who is with us in this fight. But we regard every practitioner who continues to adhere to the old method of treating this disease, without testing out this simple means of cure, as lacking in intelligence and devoid of conscientious scruples.



## Absolutely No Doubt of the Value of this Method

**I**SAY finally and definitely, as a result of studying numerous cases, that this method furnishes a definite and permanent cure for syphilis. It does not effect a cure in a case now and then. It cures every case without a single exception, (Continued on page 86)



# Diana and Venus

By Dr. Frank Crane

A NEWS item in the daily press announces that Doctor Dudley A. Sargent, for thirty years Director of the Harvard University Gymnasium, and for an even longer period head of a leading school of physical education for girls, has declared that those modern artists are right who insist that real feminine beauty involves more rugged outline of physical development than has heretofore been the model.

In other words Venus is no longer to be the ideal of female beauty and will have to give up her throne and make way for Diana.

Venus connotes too much softness and lays too much emphasis upon the languorous lure of the feminine figure.

Diana is the Goddess of the Chase, the type of the outdoors woman, and has broader shoulders, more muscular arms, and larger chest expansion, a waist that is ample rather than wasplike, stronger thighs and calves and a carriage that betokens self-reliance, independence and vigor.

The Head of the school for physical education for girls is convinced that the clinging vine type has lost her clutch.

The "debutante slouch" according to him is absurd. It was not only silly but it was unhealthful.

And it is health that is the true recipe for beauty.

Beauty after all is the peculiar property of God and His works, or if you prefer the expression, it is that quality which characterizes the handiwork of Nature. Nothing that man makes is beautiful except as it approaches what Nature has made.

Beauty is only found in normalcy.

Whatever is strained, artificial, unreal, theatrical, posing or in any wise perked up is offensive to sound taste.

The only real beauty cure must be one which at the same time is a health cure.

The beauty treatment that is absolutely reliable is the perfect development of a disciplined and vigorous mind in a disciplined and vigorous body. All the doses, paints, powders and other makeshifts are vulgar counterfeits which aim by cheap and vicious short cuts to arrive at that perfection which can be gained only by obedience to the laws of life.

Every woman wants to be beautiful, and according to Dr. Sargent the best way to gratify this desire is to court the open air. Diana, when Greece was young, hunted in the forests with her bow and arrow. And the young lady of today may acquire the same charm if she will skate, swim, run, jump, play tennis, golf and basketball.

She may dance also.

But in the dance there is a great danger, because dancing is usually in the closed space of a house where the air is bad, the hours are late and the refreshments are injurious.

The best dance in the world is the dance outdoors.

The reign of Diana does not imply that women are to cease to be modest home-makers and that the "sport" girl is to be our leading type. In fact it is not sport that girls need so much as play.

The trouble is that sport has come to carry with it the idea of dissipation, looseness, late hours, gambling and extravagance. These may have their place with sport, but they have no place with play.

Diana did not sit on the benches and watch a horse race, nor dance till five o'clock in the morning in a heated ballroom nor smoke cigarettes nor wear high heeled shoes nor play around with lounge lizards.

She was busy chasing through the fields in her bare feet. She preferred mornings to nights. And those who would be her true followers must

"Come out and greet the morn."



# Why We Must Have National Physical Training

By Arthur Capper

*Senator from Kansas*

**I**T is my earnest belief that the continued existence of this Nation depends upon some adequate system of universal physical training.

Ever since our school days we have known that the decadence and downfall of the Roman empire was due to enervating indolence and luxury, to neglect of the most elementary rules of physical well-being. It has been a Phari-saical pleasure often indulged in to moralize upon the reprehensible conduct of those old Romans and to thank God that we are not as they were. Even when investigating agencies presented evidence that not more than one-fourth of the school children of the Nation were fully fit physically our self-complacent egotism was not disturbed. It took the world war to arouse us to a realization of the humiliating truth. Perhaps a statement of conditions disclosed in attempting to select men for the army and navy will be more impressive if given in the words of Major General Leonard Wood. Said the General, in an address at Chicago, April 12, 1919:

"Standards under the draft were dropped very low, yet we took, perhaps, in the neighborhood of 70 per cent. Only about one in five, or 10 per cent, would have passed the physical examination required for the regular army or the marines in times of peace. In order to get men for the war the bars were lowered very materially. Of the men who came certain racial groups presented very heavy percentages of physical deficiencies. Some racial groups averaged  $33\frac{1}{3}$  per cent. unfit for service because of vice diseases. Others ran from 8 to 12 per cent. In addition to this condition of unfitness, bad enough in itself,

but infinitely bad when you think of its effect upon the population as a whole—and remember that this condition was found in those who were considered fit to send down to the camps—and when you remember that, you can imagine what the condition was in the thirty odd per cent. who were not fit to send—were certain other conditions.

"Among the men who came we found no end of physical defects which could have been thoroughly corrected or prevented by sound physical training in early youth. We had all kinds of deformities, such as curvatures, humped-up shoulders, hollow chests, pigeon chests, distortions of various kinds, flat feet—all things that if properly looked after earlier could have been avoided. There were a great many cases of seriously defective teeth, with resulting digestive disturbance. In fact, the draft showed us an almost entire disregard, so far as our people as a whole are concerned, of sound physical training and of remedial training in early youth. The vast majority of these boys who came to us could have been made fit for military service if they had had any kind of supervision early in life."

That last sentence, taken in connection with General Wood's summary of incontrovertible facts, is a conclusive argument in favor of universal physical culture. General Wood was discussing military fitness. Fortunately America is not a military nation; but physical fitness is as essential in peace as in war. Can you imagine any sort of industrial enterprise being operated successfully with more than a third of its personnel incapacitated?

Personally, I am opposed to (Continued on page 103)



Senator Capper is himself an enthusiast on the subject of physical culture. However, his action in sponsoring the Fess-Capper Bill for National Physical Education is not so much an expression of his personal inclinations, as of that sound statesmanship which aims not at temporary expedencies, but at the more vital problem of strengthening the nation itself by building up our human resources.



# What You Can Do for National Health

How You Can Help or Hurry the Passage of the Fess-Capper Bill to Provide for Physical Improvement on a National Scale

By the Editor

**N**OW that National Physical Culture Week has come and gone with all its enthusiasm, its good resolutions, its initiative of healthful practices, what can we do still further to improve upon the good work done?

Why not let the impetus of National Physical Culture Week serve by way of setting into action some movement for permanent physical improvement on a national scale? In this connection, what better can we accomplish than to work for national legislation which will help to make us truly a physical culture nation?

This appeal for help in securing the passage of the Fess-Capper Physical Education Bill, is based upon the fact that your help is actually needed.

While it may seem that your influence alone can accomplish little, yet you are one of many, and if you and the others all help, the thing is assured.

neglect our physical education requirements unless they are made to understand that it is an urgent matter.

There is no objection or obstacle to the passage of the Fess-Capper Bill. It is quite generally approved of. There is no one standing in the way. There is nothing to prevent its enactment except inertia. Wherefore you must supply the pressure. If your congressman and your senator know that you mean business, that you want it, then they will take action.

Several national physical training bills have been proposed, including one outlined four or five years ago



The ideal of physical training on a national scale is more nearly attained in several European countries, these photographs being expressive of the interest in the subject in Switzerland, for instance. In our public school system, we have a ready-made machinery by which national physical training can be realized, and that at the very time of life when it is of most value. In other words, we must improve the body as well as the mind if we are fully to utilize our wonderful public school machinery. These photographs are used by courtesy of the Official Information Bureau of Switzerland.



The reason why your help is needed is because the only thing required to secure the passage of this bill is "pressure." To realize this, you must understand the manner in which legislation is secured. It is not merely a matter of the thing being desirable; it is a matter of its being made so urgent that legislators will turn away from something else to give their attention to the thing that you want. Legislators are continually besieged in behalf of legislation for tariff regulation, financial and agricultural matters, and what not, and because of the pressure brought to bear upon them through these channels, it is only human for them to

by Mr. Bernarr Macfadden. It has, however, been difficult to secure sufficient support, or perhaps one might say sufficient pressure, to carry them through. In some cases there has been lack of support because of the impression that such a legislation would give the doctors a tyrannical degree of power. It has been feared that the establishment of a medical bureaucracy, with power to enforce vaccinations, inoculations, and possibly unscientific practices of other kinds upon the people in defiance of the right of personal liberty, would be a dangerous thing. It would seem, however, that the Fess-Capper Bill has improved upon its predecessors in being the most carefully worked out and logical of measures yet submitted along these lines. Very painstakingly the bill was drawn up so as not to favor (Continued on page 100)



# I Won Back Health and Husband

This Was the Third Prize Winner in Our Recent Prize Contest, "My Greatest Problem—and How I Solved It."

By Mrs. N. C. C.

ILLUSTRATION BY HAROLD DENISON

WHEN one has youth, charm, a heart full of love for the whole world and for God above, why not be happy? One should be, for almost anything she desires may be hers. I was one of the happiest girls living when I reached the age of seventeen, for I possessed my heart's desire, the love of a handsome young fellow whom I loved with all my heart. I had just passed my seventeenth birthday when we ran away from school and married.

I had not even completed my elementary studies at the time. In fact, I had gone to school very little, as I had an invalid mother, and seven sisters younger than I. It was therefore left to me to look after my sisters, hence my limited education.

I was considered a very beautiful girl. I was plump, fair, with large blue eyes, brown curly hair, and, best of all, I possessed charm of manner and a lovely disposition. I do not mean to "throw bouquets at myself." I am merely stating facts in order to illustrate a point, as you will see later. My husband was a fine young specimen, only two years my senior, handsome, ambitious and studious. We were considered quite an ideal couple, and a "rose-laden path" was mapped out for us by our many well-wishers, both young and old.

When I reached the age of eighteen I was the mother of a fine baby boy. I made an excellent wife for my husband. I loved him, loved my baby and enjoyed housekeeping. If anything went wrong I would stop, look at him, and smile till he smiled back, and then everything seemed to go right again. If I didn't know how to broil a steak, he would not become impatient, but we would learn how together. We were in perfect harmony with each other, and that is the key to happiness in married life. He was studying law when we were married, so he continued going to school at night and working during the day. As we had to live very economically I kept house, cared for the baby, washed, ironed, sewed and looked after our chickens. Not only did I sew everything for my own family, but I took in sewing to help pay our expenses. One day when baby suddenly took ill, I sent a note to my husband to come home at once, describing in detail baby's illness. I had half the words in that note misspelled, not mentioning the grammatical errors. But what difference did it make to him? I was young and pretty, my charm and beauty overbalanced my limited education. He took me in his arms, and pointed out the errors I had made, giving me a kiss for each error. He told me that he



And then they said what a pity it was that I his wife was such a drawback to him.

loved me as much as if I were a college graduate, and that education didn't matter just so long as I was my own sweet self.

As the months rolled by times became harder and harder for us, but "Where there's a will, there's a way." We knew that we would pull through somehow, because we had faith in ourselves and faith in God. My husband worked very hard at his studies, trying to finish his course rapidly. Also he applied himself to business in order to support his family which was growing fast, another baby having been added and another being on the way. I worked even harder than he, if such could have been possible, trying to make things easier for him. I slaved night and day, not only willingly but gladly, for didn't I have the dearest husband and babies in the whole wide world? I thought so.

At length my husband was admitted to the bar. We were one of the happiest couples living. His first case



brought him seventy-five dollars—an immense sum to us. His success was rapid. He had all the qualities that make for success, and he applied them shrewdly. After a few years we had paid all our debts and owned our own home, a beautiful place in the suburbs. His offices were in the city. His business grew larger and larger. We now had six children, the eldest eighteen, the youngest six. My husband furnished every comfort for me. He and the children often begged me to stop doing so much work and to let the children help me, or else hire a maid, but I was set in my ways and no amount of persuasion could change me. I thought

I could never allow any one else to do my work. I had become so accustomed to doing hard



work I didn't know how to give it up. I would not trust my daughters to do even

a part of my work, because I was cranky enough to think it must be done my own way and no other. Such a foolish idea for any one to have! Even though my health was rapidly giving way I wouldn't give up any of the duties I had taken upon myself. I even kept a large number of chickens, did the sewing for the family, and all of the cooking.

My husband and I were both very proud of our children; they were popular and advanced rapidly at school. When my husband bought a handsome car I was delighted for the children's sake, but when they insisted on taking me along I always had too much work to do. I certainly do consider it a woman's duty to help her husband in every way possible, and work

never hurts any one—if he doesn't fall a slave to it. And if he will take time to play too.

My husband entered politics, rising a step higher at every turn he made. I almost worshipped him. I thought life was indeed complete, never dreaming for a moment that a dark cloud was hovering very near, threatening every moment to cast a shadow over our happy home. Soon I noticed that he had become slightly careless, spending less and less of his time at home, and seldom if ever insisting upon my going anywhere with him except to church on Sundays. Often of late he had even been making excuses in that connection, sending our eldest son with the car to drive us to church.

I had very subtly begun to feel this change, but was not at all alarmed until one day something happened. I shall never forget it. My heart aches even yet to think of it.

There was to be a reception at which my husband was to be the guest of honor because of an important bill he had put over for a great organization. It was quite a fashionable affair, and he took great care in dressing for the occasion. Incidentally, he seemed to expect me to wait on him as if I were his slave. Why shouldn't he expect it, hadn't I always done it willingly, gladly? When at last he was ready to go, he certainly was well groomed, and looked handsomer than ever.

I had always considered my husband a very handsome man and I soon found that others thought so too. He had not mentioned my going with him and hurried away without even saying good-bye.

Somehow I began to feel terribly lonesome and alone. The children had all gone out, leaving me entirely alone, for the first time in my life. Someone called to me. It was my dear friend Mrs. Jones, waiting out front in her car. She told me to get dressed, that she had come to take me to the reception. I began making excuses, but she was determined, and before I realized it she was "dolling me up," as she called it. She was shocked though, when she saw my meager wardrobe. I had plenty of house-dresses, but very few others.

I shall never forget that reception. It was wonderful to me—the flowers, the music, the stylish women and handsome men. It seemed like a beautiful dream until suddenly, something happened. I was seated in an obscure corner with Mrs. Jones, when I heard my husband's name mentioned. A couple sitting near us was discussing him in the highest terms, first his good looks, then his successful career, and finally they began discussing his love affair with Miss —. They remarked how very fond of each other they were, how very stylish and accomplished she was, and what a wonderful help she would be to him as his wife. They spoke of how deplorable it was that his wife was such a drawback to him, that I was (Continued on page 115)



# Easy Swimming

## —The Back Crawl

By G. H. Corsan

POSES BY MISS MARGIE WHITTINGTON

**S**WIMMING is the ideal sport for women, for many reasons. One of which—whisper it!—is that it is the one sport in which women can excel men.

Swimming is peculiarly a woman's sport because it is more a matter of rhythmic motions than of violent muscular exertion, and it is the only sport, for these reasons, in which women can, in the aggregate, more than hold their own with men.

Women can stand cold water very much better than men, because of the fact that even thin women have an even layer of yellow adipose just under the skin to keep them warm. An attenuated woman very soon develops a rounded form by persisting in swimming the crawl stroke.

Women are very much more supple and flexible than men, which is a tremendous advantage in swimming easily and gracefully. Stiff, muscle-bound men have a terrible time trying to swim, and never succeed to swim with ease and beauty.

Women are far more buoyant in the water than men, which fact makes not only for grace in the easy gliding, drifting

back racing stroke women are only one-fifth of a second behind the masculine record, and in the aggregate women excel in this style of racing. At performing fancy, trick and ornamental swimming stunts, women far excel men.

There is a very distinct difference between the choice of sides when swimming the side stroke, as most women swim with the left side up and men with the right side; thus the majority of women are left handed at swimming.

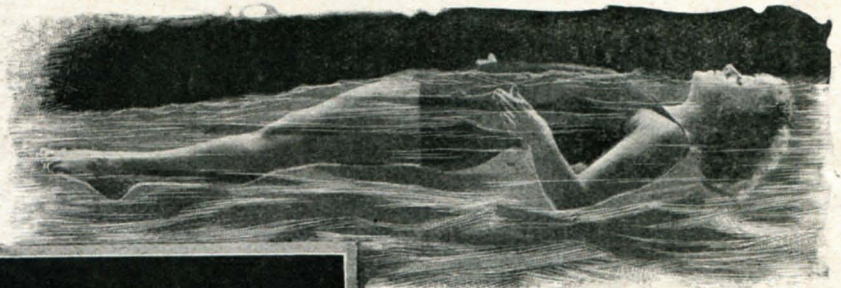
There is also a vast difference between the masculine and feminine methods of taking a shower before going into the water. Men take a long hot shower and warm up well before going in, while women merely sprinkle a few drops of water over their bathing suits. These habits are the same in every city in America.



The first thing the prospective swimmer should learn is sculling head first, which is swimming on the back by arm action only. This is the easiest detail to learn in the art of swimming. It is also the emergency stroke to fall back on in case the legs are cramped, wounded, tied together, bound up in a hobble skirt, or when the swimmer is just tired and wishes to rest in the water. The action is from the shoulder. The fingers must always point upward. The forearm bones move by supination and pronation; thus there is a continual rearward pressure of the water, and no recovery. ¶ Note the outer pressure movement. This is generally missed, or overlooked, in which case a person of heavy specific gravity will sink. The movement is rapid and snappy. ¶ By adding the flutter kick to the sculling feat we get the stroke known as the steamboat. This is a distinct step towards the back crawl stroke.

features of the art of swimming, but enables them to plug long distances more easily than men. The shape of the feminine form is comparable to the tapering seal, more so than the angular, bony, prominent build of men. Whether or not women are quicker at catching on to rhythm than are men, and therefore more adept at learning than men, I am unable to decide.

While men can excel women in the sprints, as may be observed by the fact that women are eight seconds slower in the 100 yards free style than men, yet in the



It is quite true that an adult woman will drown in water a yard deep if she has not had five minutes' instruction in how to get her feet on the bottom. The feet of most women float, and they often strangle to death trying to stand up. On the other hand, men envy women for the fact that their feet float, as theirs are like anchors and they find little trouble in placing them on the bottom at the first trial. The first lesson to be learnt by a woman, is to place her feet on the bottom as a woman who cannot do this has a terrible dread of the water. She must be taught not to lift her hand or hands out of the water, as this act drowns, but to keep both hands

deep in the water, flat open, striking the water in any direction whatever, while at the same time drawing her knees towards her chin, and then placing her feet on the bottom. She must neither breathe in nor out during the proceeding, but must keep her mouth closed. It takes only a moment, and is so very easy that most people think nothing of it. I feel sure, however, that thousands of women have been drowned in water only three feet deep, I myself having known of several scores of women meeting death in three feet of water, and, on



The back crawl is an especially easy stroke for women to learn. The back crawl should be learned after the steamboat. Gently lift the arms out of the water alternately and swing them over the face and body as illustrated. Note especially the wrist action. Inhale through the mouth when the elbow is

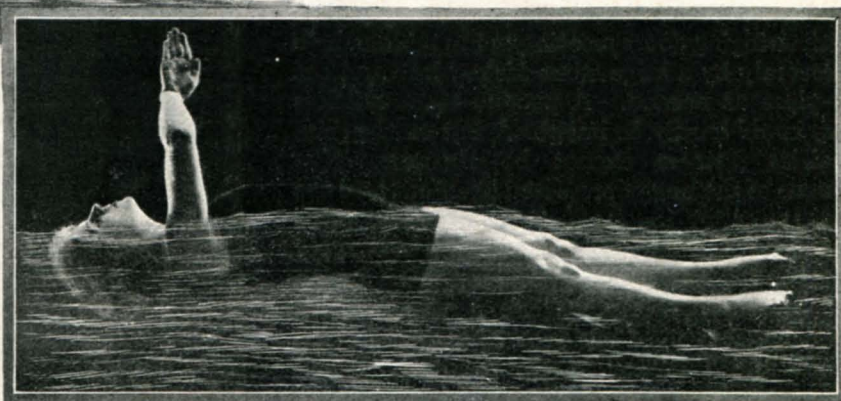


above the face. Use the flutter kick as rapidly as possible. Swing the shoulder to the chin before swinging the arm out of the water, thus presenting a sharper point against the water. There is considerable spinal movement in this stroke and when it is well done, it is a very beautiful stroke. The world record is thirty seconds flat for fifty yards straightaway. It is held by Stubby Kruger of Honolulu.

several occasions, even of double drownings.

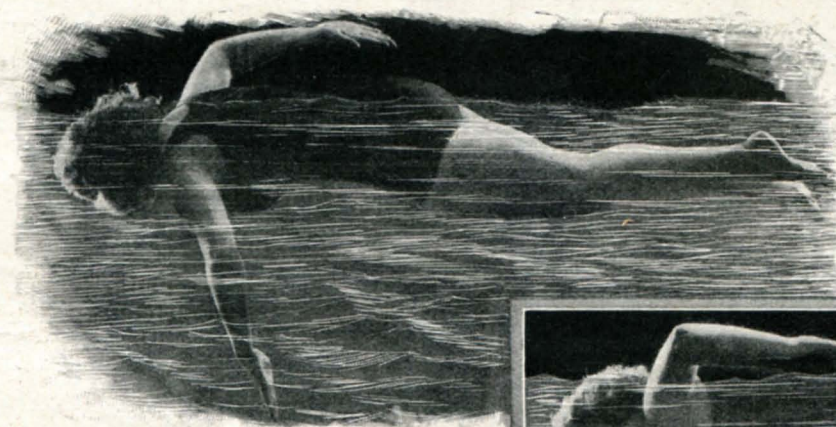
When the public school boards erect shallow swimming pools in all the public schools in the country, then everyone will swim, and there will not be a single exception. We don't require a Rockefeller Foundation to inaugurate this, but need only to use our own common sense and decency and responsibility towards the coming generation. I heard one public school trustee actually say, that God made man a land animal and he had no business in the water. A good swift kick out of his position for such an utterance should have been his fate, and the fate of all others who do not stand up for the principle that from now on all public schools should have shallow swimming pools. That is the only cure for our dreadful ignorance of the art of natation.

Some Y. W. C. A.'s still employ swimming instructors

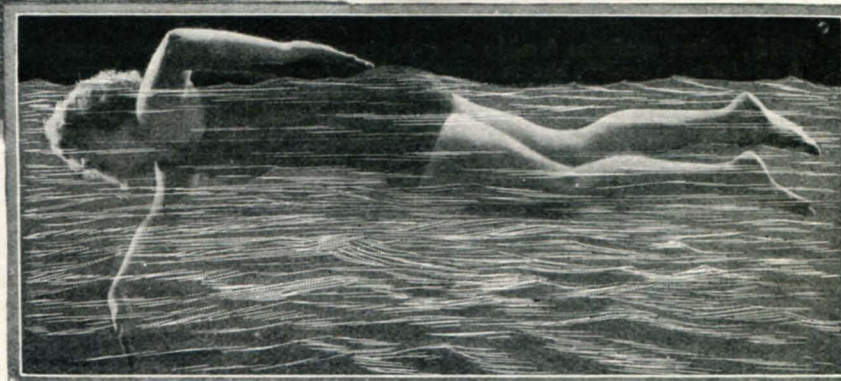


art of swimming. Everybody but the appointees kick, but as the instructress is affable, and is really ignorant herself of the damage she is doing her pupils, the trouble continues. Many a poor woman, having learned this crazy stroke, has drowned as a result of trying to spread her knees apart to perform the frog kick when thrown into the water with her (Continued on page 68)

The famous front crawl stroke, arm and leg action. I will illustrate, in the second article, how to acquire the front crawl arm action by a land drill. The arm action may be acquired in the water by the use of a pair of water wings at the waist line, and by just dragging the legs, thus setting the mind on one detail at a time. To breathe in, the mouth must be turned up by rotary action, dropping one shoulder and the top of the head. The swimmer should exhale through the nose under water, as in the illustration below.



who teach beginners the crazy old breast stroke, thereby handicapping them terribly for future speed and grace in the real art of swimming. The reason they do so is because the board of lady trustees are not swimmers themselves, and don't know the first principle of the





# How I Put Backbone Into My Spine

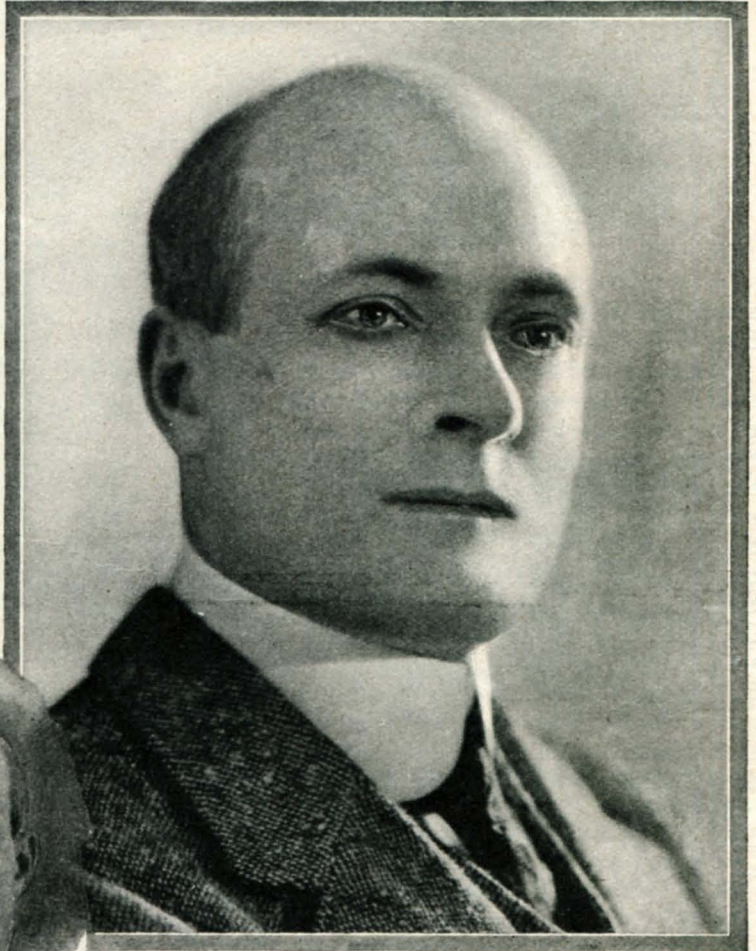
By Homer Croy

CARTOON BY HUBBELL REED McBRIDE

**W**HEN I was a boy twelve years old I was "skinning a cat" when something happened which changed the whole course of my life. On such small threads does Fate hang!

It was in Missouri and it wasn't as blood-thirsty as it sounds, for in the language of boyhood, "skinning a cat" has nothing to do with the S. P. C. A. We had an old buggy-shed with swinging doors meeting in the middle, held insecurely by a large stone kicked into and out of place as needed. A poorer, more shiftless way could hardly be imagined, but on the grim prairies farmers cannot be choosers. The tongue of the buggy projected itself out into the weather, after the style of the country, while the rest of the vehicle found a haven in the roof overhead. The tongue was suspended by an old and worn strap. While I was hanging with my feet over my proud head, the strap broke and I landed in the hospital. I had struck on the small of my back.

I died three times right then and there; should I live to make Methuselah look to his laurels I shall never forget the awful struggle of trying to get air into my lungs. It seemed hours before I could take a single, short, gasping breath; and for weeks I was no good. At last I left the wheel-chair and was able to walk, but I went around as stiff as a cigar store Indian. When I wanted to turn my head I had to move



my whole body, and when I went to sit down I was worse than Grandpa with his spring rheumatism.

At last I was able to go to school again, but I had to play with the girls. Mumblety-peg was about as strenuous a game as I could indulge in.

A vertebra had been pushed out of alignment, and this in turn pressed on a nerve center. It was as if somebody whom you did not care for insisted in keeping his thumb in the small of your back—a man with a large thumb and a nail that should have had attention. Night and day the thumb of this imaginary gentleman was always there.

School was not much of a success. While the other boys were out having a good time I had to



**T**HE editor confesses frankly that he is publishing these photographs not for their beauty, but in order to show you what a genuine humorist looks like, so that if there is anyone in your town who looks just like this, you may know that he is a humorist. We may explain also that these are before and after photographs, the small one having been taken in France during the war, not to show that Mr. Croy was scared, but to indicate his condition before he got his back fixed up by sleeping on a hard bed. He is now much stronger and considerably heavier, as the photograph above is supposed to show. We told him to his face that it was not a satisfactory photograph, and begged him to get a better one. But he would rather face the world this way than face the photographer again. (Sad commentary on the quality of the backbone he tells about in this story!) Anyway, do not let the photographs deter you from reading this story, for the story is fine, and you will learn something from it about how you should sleep and about keeping your backbone right.



grow enthusiastic over the French Revolution. While they were swinging the bat and imitating Chesborough I was studying Danton. It was while thus shut away from the world that I developed a love of writing and began making it my life ambition.

At the university, while the other fellows were out taking part in football, baseball and track I was up in the Philonian Literary Society, debating. I was tall and looked as though I had some heft, but inside my pants were pipestems. The coach saw me walking around on the campus and thought he had found something. Nothing would do but that I must come right out and try for the team. I did and he put me in a scrimmage—and then softly began to swear. My back was about as strong as a crocheted necktie. A quarterback half my size came tearing down the field, and the next thing I knew was when some fellow lifted my head slightly and said, "Do you feel better now?"

At last I graduated with my pasteboard spinal column and became a reporter on a St. Louis paper. I could not sit at the intent work on a typewriter for more than an hour until I would have to go to the editorial rooms and lie down on the horsehair sofa. The men could not understand it. I looked as strong as Kid Wedge and had about as much endurance as a splinter. After turning in a couple of "sticks" on a fire I would have to wobble over to the sofa and drop. I told no one, for no one wants particularly to hear about your physical troubles. The world is too full of people talking about their lumbago. People would rather hear about success than weak backs.

I did not make much progress on the paper. I worked hard but accomplished little.

At last I came East and got a job on *The Delineator*, but I brought my back along with me. There was always the depressing influence, the slow disturbing pain; I became cross and irritable, when that was not my natural state. In other ways I was a healthy specimen—all except my papier-mâché backbone. Never before had I realized what an important adjunct a backbone was. It seemed to me that a human being was just a few organs and a handful of carbon strung on a column. And not much of a column at that.

I went to doctors but all they did was to look me over with a profound air. Then they would go off and meditate and send in a bill. I went to other doctors—and they said that I ought to rub something on the tender spot. I haunted the drug stores and bought everything they had; bought and bought and bought—

until it was all I could do to get my backbone into a drugstore. I might just as well have rubbed the stuff on my elbow. The only effect was on the sheet. And steadily my back grew worse; and by leaps and bounds my irritability grew. It pained me to stand up in the subway—and you know what chance a person has of sitting down. Constantly I had to bend and twist and turn, finding new positions for my complaining vertebrae. The nerve center was so pressed and pinched that I must release first one side, then the other.

I drifted into writing books, and from sitting for hours at intent work before a desk my back grew weaker and weaker. Always was there the slow irritating pain as if some small blue devil had found himself an abiding place. It haunted me all day and at night when I woke he was there pinching, binding, twisting, turning.

I went to osteopaths, but they did me no good. The devil still kept to his perch.

I went to France in motion picture work for the Y. M. C. A. There, with responsibility on me and with shorter hours for sleep, I grew worse. The same slow, irritating solo was being played up and down my backbone.

When I returned and took up my accustomed rounds I expected it to be better, but it wasn't. Instead, it grew worse. Other devils came to help the one which had been so faithful until I was about as pleasant a companion to have around as a Polar bear in August. I was always wanting to start an argument. I did not know what was the matter with me, but let some other fellow

say, "Black is black" and I would be at him.

"It isn't black, you poor fish. Can't you see that it has a faint grayish tinge! Look at it there—in the light. Good land, man, it's as gray as a tom-cat's eye!"

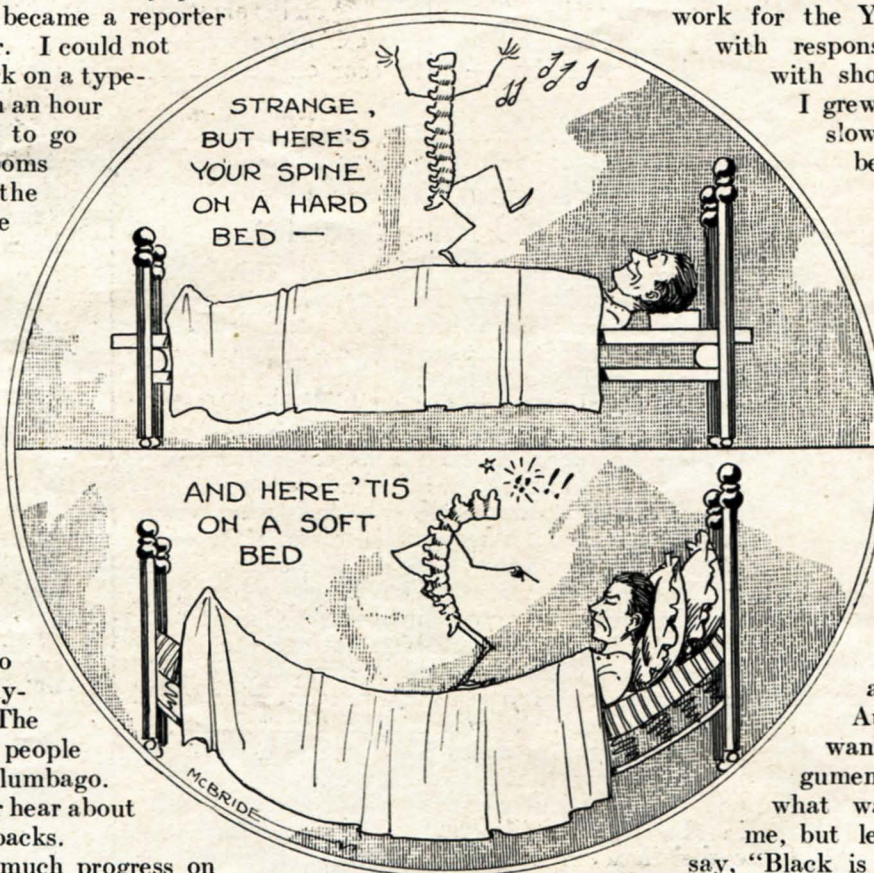
It didn't take me long to shut him up. At last I was getting some use out of my debating ability.

It grew worse.

I grew more aggressive.

My wife had to take longer and longer vacations.

One day a woman friend told me how she had found an orthopedic surgeon who was doing her a world of good and wouldn't I go and call on him? I smiled wanly. I had been calling on doctors for twenty years and the only effect I had noticed was on my pocket-book. It was getting just as weak and wobbly as my backbone was. Every time it saw a doctor's sign it began to quiver and want to (Continued on page 132)





# Fighting Mad

## *The Story of a Warped Soul*

By Tod Robbins

ILLUSTRATIONS BY ANGELO STUDIOS

### CHAPTER XXVIII

(Continued)

THERE, standing in the middle of the room, locked in each other's arms, were the two beings whom I loved above all others in the world—Bruce Smythe, my friend, and Eleanor, my wife. Totally oblivious of my presence, they kissed each other passionately. It was monstrous, unbelievable. And yet—

A cry rose in my throat, and died there unuttered. My legs trembled under me; I felt like striking my forehead resounding blows with my fist. I murmured: "I don't understand." And my heart was beating fast—beating blood up into my brain. A red mist dropped like a curtain before my eyes. Everything became blurred, distorted.

"You *must* understand," a voice seemed shouting in my ears, "you *must* understand! There is your wife and your friend—your dear friend! See, their arms are about one another! They are kissing, and laughing at you behind your back. Everyone is laughing at you. You are so simple, so blind!"

The trembling of my knees ceased. Blood burnt my veins like molten lava. At that moment I felt that I had the strength of a giant.

Eleanor's voice came through the red mist that enshrouded me. "Fred will be home soon, dearest, and then we'll have to act the part of friends again. How stupid he is!"

"I suppose, so," said Smythe, "but—"

Power of speech returned to me. "No," I cried, "no! Your days of acting are past. I *am* here!"

What happened next is like a dream. I remember that Eleanor reeled back and sank down on the lounge, crying weakly and foolishly: "Why did you come home

so early, Fred—why did you come home so early?" And I remember how white Smythe's face was, as he turned toward me; and then how red, as I seized him by the throat.

There came the crash of a falling chair and a muffled scream from Eleanor. He was on the floor; and I was kneeling on his chest, choking the life out of him. How purple his face was!—how bloodshot his eyes! Only the scar on his cheek was white—a chalky white—a sickly white like the finger of death.

Now I felt fingers tearing at my hair, and heard Eleanor's voice—harsh, discordant—screaming in my ears: "Let go of him, you brute! Let go of him!"

The red mist lifted; I became cold as ice. "You love him?" I said rising to my feet. "Very well—you can have him."

Smythe rose weakly, holding his throat with both hands. "Deacon," he gasped, "why didn't you kill me and finish the job?"

"You're not worth it! You're well suited, you and she. You can have each other."

I walked out of the room and up the stairs—leaving Eleanor with her face buried in her hands, and Smythe, fingering the marks on his throat and staring before him into space.

In my own room I found a letter lying on

the table. I put it in my pocket without opening it. Then I began packing my suitcase. All this while I had absolutely no feeling of any kind—neither hate, pain, nor joy. Everything that I did was done mechanically. It was as though I were carrying out the instructions of someone else. A physical feeling of emptiness was the only sensation that remained.

I hurried out of the hushed house, not knowing or caring where I was going. I was swallowed up in the mist; and it was pleasant to feel that I was cut off from

### Physical Culture's \$3,000 Prize Novel

THE preceding installments of this, the prize-winning story in PHYSICAL CULTURE'S recent contest, have introduced our friends, the characters of the story. "Deacon" Frederick Colgate, twenty-one, has inherited wealth consisting of real estate in the slums of New York. In a fight with his college chum, Bruce Smythe, Colgate has been knocked senseless in front of the fireplace in his room, his arm being burnt in the hot coals so as to leave a disfiguring and identifying scar. Among the tenants in his slum properties, young Colgate meets beautiful but irresponsible Eleanor Watson, with whom he falls in love and whom he ultimately marries. There follow months of high society life and more or less disillusionment, though the young man never loses faith in his wife's integrity and good character. Meanwhile his friend, Bruce Smythe, returning from Mexican wars, spends much time with them, taking Eleanor to the opera the particular evening when we left them in the last installment. Colgate, returning earlier than expected from an errand of his own, finding the house illuminated, and suspecting burglars, enters stealthily. Following the sound of voices, he appears suddenly in the doorway of the library. The spectacle that greets him almost turns him to stone. And now for action!



CHAPTER XXIX

everybody in the world. Behind me was the house, but that too had vanished; and the mist, the beautiful clinging mist, had sunk into my brain, deadening everything, hiding everything in its soft white shroud.

I entered the subway and mingled with its crowds. People, noises, newspapers, advertisements—all faded into a dull grey background. I closed my eyes peacefully.

Getting out at Grand Central, I saw Jenkins hurrying past.

"Where are you going?" he called.

"To Chicago," my subconscious voice answered.

I boarded the train as it was pulling out of the station. The wheels seemed to be humming Dr. Robert's philosophy in unison. Pain began to shoot through me. My stupefied senses were awakening.

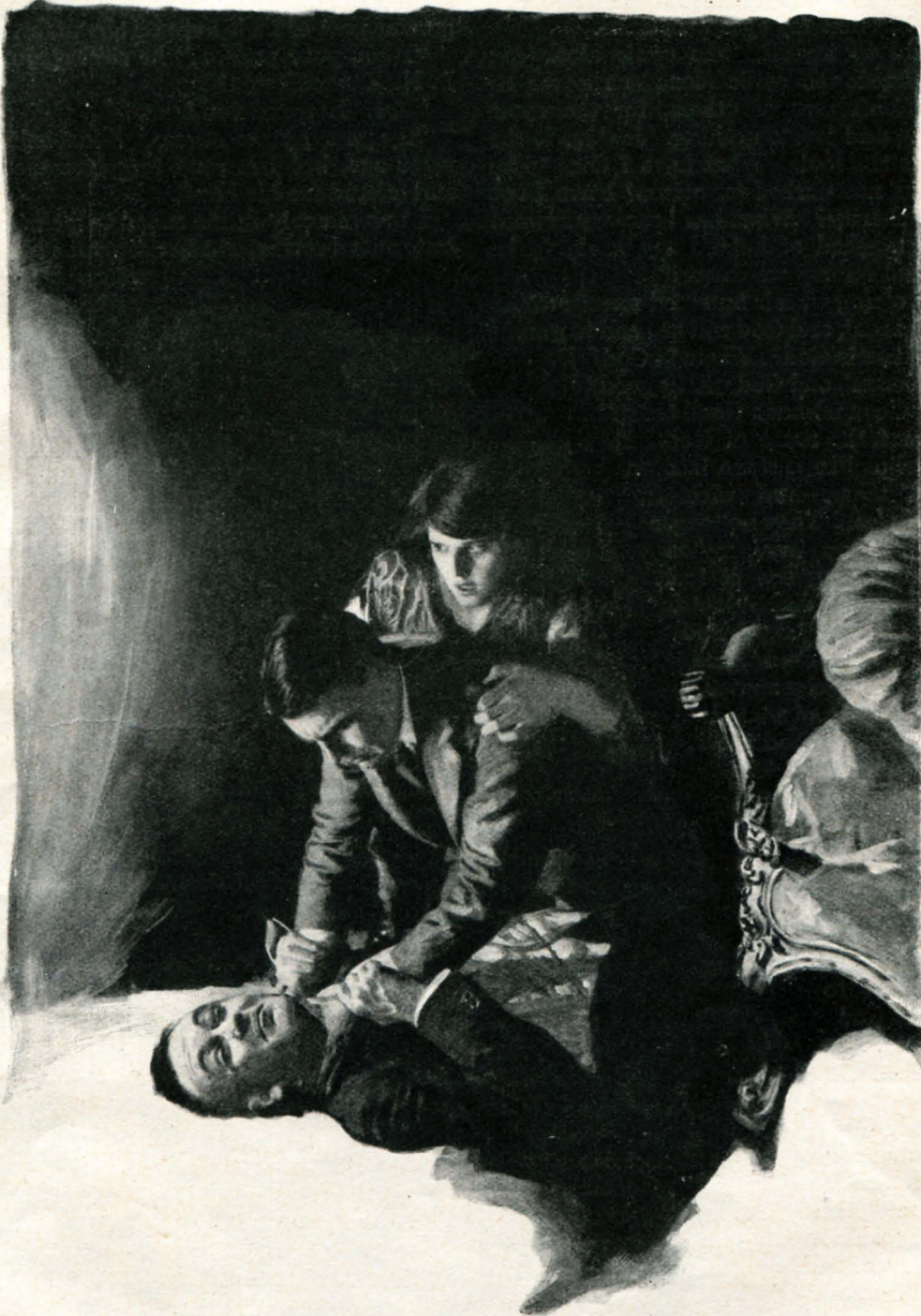
"Be good to others, 'Deacon'," the wheels hummed, "and God will be good to you. Where is God? Where is God? Where is God? Be good to others, 'Deacon,' and God will be good to you. Good friends! Good wife! Good God!"

I burst out laughing, and, looking up at the murky sky, shook my fist at it. "Thou hast given," I cried hoarsely, "and Thou hast taken away. Cursed be Thy Name for instilling in my heart a love for that which endureth not!" I was crazed, and bitter at the Fate which had lured me into the meshes of my downfall.

A sudden sorrow is the club of Fate. It descends on the head of man, stunning him, making him incapable for the time of experiencing the highest pitch of mental suffering. He may tear his hair, curse, fight, laugh or cry, yet none of these acts will seem real to him.

So I had felt while in the presence of Smythe and Eleanor. I had acted like a madman, yet all the time I had known that this was not my true self; but that somewhere, underneath this tempest of fury, it reposed unmoved, untouched by anything that could happen.

Later, when I had risen from Smythe's prostrate body and said: "You love him? Very well—you can have him," I had felt like an actor playing a part. It was only after I had seated myself in the smoker and listened to the monotonous chorus of the revolving wheels, that I began to shake off



He was on the floor, and I was kneeling on his chest, choking the life out of him

that mental stupor which had been clinging to me tenaciously.

At first the dull aching in my breast seemed a mere physical pain, but soon it became more acute, more overpowering. The scene I had witnessed was pictured before me again and again—each time more distinct, each time more terrible.

They had stood there with their arms about each



other; they had kissed passionately; and they had been acting a part for all these months past. Perhaps they had always been acting a part? Yes, that was it. She had never been my real wife, and Smythe had never been my real friend. They had merely appeared so.

Everything in the world acted a part. Nothing was genuine except the fools who went through life trusting in everybody, believing in the goodness of God, pinning their all on those nearest and dearest to them. I had been such a man, but now my eyes were open.

"Surely," I said to myself, "the cynic alone can never be disillusioned; the cynic alone can never be hurt by the unfaithfulness of others, for the cynic believes in nothing and trusts nothing. Jenkins is the wise man; Roberts the fool. What have I done to be treated so? Have I not worked for others? Have I not given my best to charity? What has been my reward for this? To be laughed at behind my back, to be cheated and scorned for my weakness!"

And still the revolving wheels hummed merrily: "Be good to others, 'Deacon', and God will be good to you. Where is God? Where is God? Where is God? Be good to others, 'Deacon', and God will be good to you. Good wife! Good friends! Good God!"

I no longer cursed the name of God. It dropped from my lips like a stone into an ocean of unshed tears,—and with it, friend and wife fell also. They no longer existed for me. They were myths handed down from a long line of fool ancestors to their fool descendants.

My wife had looked thus, my friend had acted so, and God, no doubt, had enjoyed the scene. He had prepared the act on his tiny stage; had wound up the dolls, and then awaited the results in amused tranquility. The two pillars of my temple fell, and the roof itself thundered down upon my head.

Something was dying in my breast — dying by inches, slowly and surely. Writhing in agony, it cried out beseechingly: "Be good to others, 'Deacon', and God will be good to you. I am God! I am God! I am God!"

"No," I answered coldly, calmly, "you are *not* God. There is no God."

"I am God," said the tortured voice. "I am God. Suffer with me for I am God. My way is the way of suffering."

But I denied it the right to live; and slowly, surely, the voice grew fainter. With it, the pain about my heart was lessening. Gradually I grew calmer. I felt tired, and, leaning back against the seat, closed my eyes.

### CHAPTER XXX

How long I sat there with closed eyes, wearily turning over in my mind the events of the night, I

have no means of ascertaining. It might have been a minute, or it might have been an hour. Suddenly a voice brought me out of my reverie.

"Are you a P. N. X.?" it asked.

I opened my eyes and saw a man sitting opposite me. He was young, apparently not more than twenty-six. His face was tanned to a mahogany color, and his eyes were that peculiar shade of light blue that we are accustomed to associate with men who have spent the greater part of their lives on the water.

"I beg your pardon," he said again, "but you're a P. N. X., aren't you?"

"Yes. How did you know?"

"By your pin, of course. I lost mine a good many years ago, but I haven't forgotten the grip." He rose and offered me his hand.

I was scarcely in the mood to welcome an unknown fraternity brother, but in common courtesy I could not refuse his extended hand.

"It certainly feels good," he continued, "to see one of the old pins. It's been five years now since I've



"Very well," I said, "you can have him."





I tried to open the window, failed, and picking up a brass cuspidor, hurled it against the pane of glass with all my might.

been away. But what college are you from?"

"Columbia," I answered. "And you?"

"Yale."

"Colgate is my name. Did you happen to know Dick Wheeler? He was of that chapter. Oughty six was his class."

"Wheeler?" he cried joyously. "You bet I knew him! Why, we roomed together in our freshman year. When you see him tell him that 'Slats' was asking after him."

"I'm afraid I won't see him," I answered sadly. "He's dead."

For some time the rumbling of the train over the tracks and the rattling of the window-panes in their sockets, were the only sounds that broke the silence. Suddenly a hand dropped lightly on my knee. "I didn't know," my traveling companion said at last. "When did it happen?"

"Nearly three years ago now. It was an automobile accident."

"And Dick was always such a happy fellow! He was the kind you'd think would live to be a hundred."

"Yes, that's the way with things," I said bitterly. "Those who love life, generally die young; and the people who loathe it, live on indefinitely. That's the reason you see so many sour-faced old people around in corners. There isn't enough happiness to go around.

Death is as unfair as most everything else in the world."

"That's rather a pessimistic way of looking at things," said he. "But there is some truth in it. It worked out in my case at any rate."

"How was that?"

"Well, it all came about on account of a girl. I was crazy about her. Another fellow came along. He had more money and he cut me out. They eloped. It pretty nearly drove me mad. My family were dead, and I was all alone. I packed up my stuff and got out of the country. I became a gentleman of fortune. I went wherever there was trouble, and never even got a scratch. I've been in the Philippines, in China, in Turkey; and here I am today."

"But why did you come back?"

"Because I grew tired. I wanted to see familiar American faces, and eat familiar American food. Besides—and this may sound foolish—that girl of mine had a little sister who looked an awful lot like her. Now I've been thinking that maybe she's grown up to be just like her—only more trustworthy, you understand. I'm going back to see. Somehow life isn't such a bad thing after all. I am beginning positively to enjoy it again. I don't know why I talk to you like this, except that you were Dick's friend."

"And you're going back to find that girl?"

"Just as soon as I get to (Continued on page 92)



# Curing with Water

You Can Promote Elimination, Control Temperature and Circulation and Otherwise "Assist Nature" in Fighting Disease through the Help of Hydrotherapy.

By Annie Riley Hale

**T**HE new national Prohibition Law has drawn the attention of many persons (prone to overlook it) to the fact that water is useful as a beverage. That it can and does allay thirst, even in those bibulous disciples of Rip Van Winkle who had so long slighted its sparkling virtue. It is the purpose of this article to call attention to the therapeutic value of water in outward application, for superinducing the physiological reactions to which all curative methods must look for their success.

Few people realize the vastly important function of the skin in throwing off poisonous gases generated in the human organism. The following computation of perspiratory gland action, by Dr. Erasmus Wilson, of England, however, may serve to bring out the therapeutic significance of even an ordinary daily bath. He says: "I counted the perspiratory pores on the palm of the hand, and found 3528 in a square inch, each pore being the aperture of a tube  $\frac{1}{4}$  of an inch long. So that in every square inch there are 882 inches (about 73 feet) length of perspiratory tube, making 73 feet of drainage to every square inch of skin on the surface of the body. But in estimating the length of perspiratory tubes for the whole body, let us take 2800 pores to the square inch and 700 inches of tube as a fair average. Now there are 2500 square inches of surface on the body of a man of average height and bulk, making 2,750,000 inches, or 245,833 feet, which is nearly 28 miles of perspiratory tubes!"

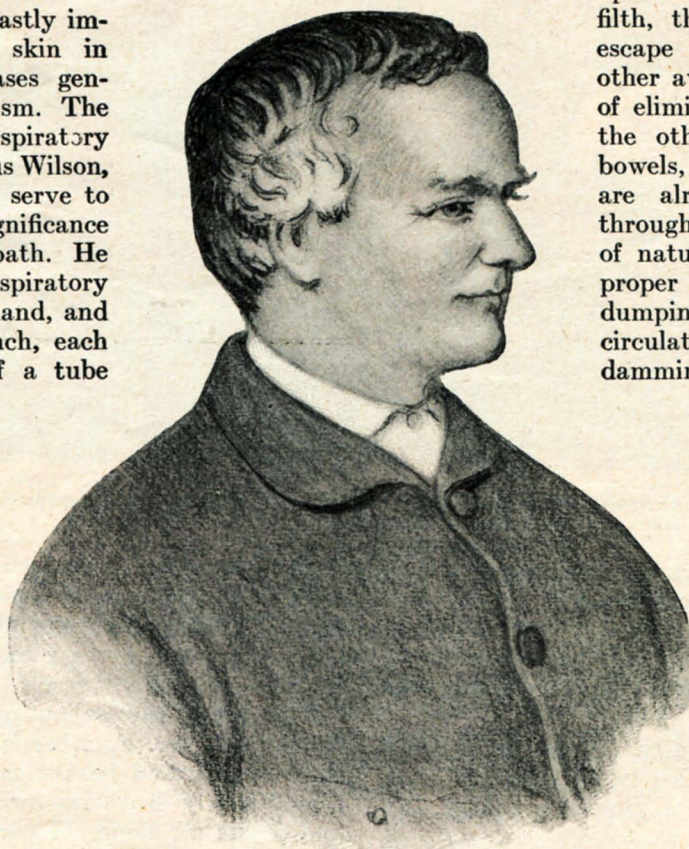
And besides the perspiratory vessels, the skin is provided with vessels for secreting an oily substance which is different in different parts of the body; with vessels to repair abrasion and provide for growth, and to carry off its dead cells; with nerves and blood vessels as numerous as its perspiratory tubes. The partial obstruction to this wonderful system of drainage, resulting from the neglect to remove from the skin the oily secretions even for one day, can readily be seen; and it requires no great stretch of imaginative reckon-

ing to estimate the stoppage to elimination through this channel caused by a week of epidermic accumulations. The newly prosperous individual who "could hardly wait for Saturday night to try his new bathtub," might have been more impatient had he realized the amount of poisonous exhalations pent up in his system by his habit of weekly ablutions only.

When this elaborate system of skin evaporation and respiration is even partially clogged up—whether by external or internal filth, the impurities which fail to escape by that means, seek some other avenue; and a double burden of elimination is thus thrown upon the other organs of depuration—bowels, kidneys, and lungs. If these are already functioning poorly—through the same ignorant violation of natural law which hindered the proper functioning of the skin—the dumping of extra waste into their circulation will result in further damming up of systemic poison; and the wayfaring man doesn't require a seven-year medical course to make him understand how naturally and inevitably by this process of clogging the drain-pipes of the body, the ignorant or willful transgressor of the law becomes steeped in auto-intoxication.

But at this point Nature the wise and beneficent healer, ever seeking to repair human error and folly throws out her danger signals—inflammation, fever, pain, to warn the transgressor that she is making an extra effort at house-cleaning on his behalf; and if he will only give her a little intelligent co-operation, she will speedily restore him to

normal health. Now it is obvious that Nature will not get any intelligent co-operation from those who regard *the danger signals themselves* as inimical to health; who therefore address all their efforts toward aborting and suppressing them. In this class are the Allopathic practitioners and their followers, who with poisonous drugs and ice-bags "bring down the fever" by partially paralyzing the vital force which produced the fever—for the healing of the primary (Continued on page 76)



Vincenz Priessnitz, the father of hydrotherapy, who was destined, a hundred years ago, to revolutionize the medical thought of Europe, and who perfected one of the most potent of all systems of drugless therapy. While progressive physicians of the present day have embraced hydrotherapy extensively, this wonderful system of treatment is still too much neglected by the profession as a whole.





photo courtesy of the Cole Motorcar Company

Strange as it may seem, gasoline is making us a fresh air nation. The pleasure of travel, the joy of outdoor life, the rare sport of camping, all are available with a good touring car.

# Auto Camping

## *—Have You Tried It?*

By Wainwright Evans

**J**IMMY dashed into the house, and slammed the front door behind him with such frantic vigor that his mother looked up from her sewing and said—"Jimmy!"—just like that.

Jimmy did not answer. He stood there, his back against the door, too breathless from running to talk. His eyes were big and bright with excitement and with a pleasurable terror of the kind imaginative children delight to indulge in when they play Bear.

At last, between gasps, the words began to come. "Oh Mother—the Gypsies have come. They're over there in the woods. There's one coming down the street right now; I thought he was chasing me and I ran as fast as I could. And, oh they've got automobiles 'n everything!"

"Automobiles!"

"Uh-uh! They had horses last year, and now they've got automobiles, great, big, shiny ones, as big as ours. And some of them have trailers, and they've got tents that lean against the cars and fold up with the beds inside of them, on the running boards; and they've got one car that lets down the back of the front seat so they can sleep in it like a Pullman, and they've got a camp table that rolls up like a curtain; and one of the Gypsies has an air mattress that he blows up with a pump; and they're using mosquito netting to keep off the mos-

quitoes when they go to sleep; and—" Mrs. Haynes shook him. "Stop it!" she commanded. "You'll choke."

But Jimmy's momentum was too great for anybody to bring him to a halt by anything short of stopping his windpipe. The flow of words kept right on bubbling up from his heart. "Spike and me watched them from the bushes, and we saw everything. It was just like the things in Dad's camping catalogue. Mother—when I grow up can't I be a gypsy?"

"The idea! Certainly not! Why I thought you were going to be a minister, like your grandfather!"

"Aw, being a gypsy's more fun." And with a sigh that bespoke the repressed desire of every small boy ever born, the youngster turned to the door again. "Ed-e-e-e!" he squealed delightedly. "There he comes now—there he comes! He saw us and chased us out of the woods. There he comes!"

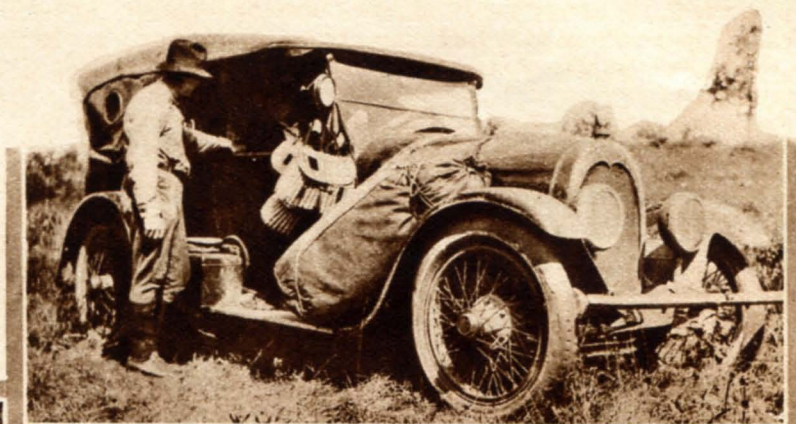
Mrs. Haynes looked curiously out of the window, mildly excited, in spite of herself. Then she laughed, laughed at what, in the light of immemorial tradition seemed an absurd incongruity. There were the swart, straight features, the black eyes, the earrings, the gaudy neckcloth, the picturesque mingling of dirt and style, which she had associated with Gypsies since her childhood, when, like Jimmy, she had wanted to be one



of them, and crawl into a mysterious, covered wagon, setting out toward the ends of the earth, no matter where they might be. This man had every distinguishing mark of the Gitano, save one jarring note; in his hand he bore the casing of a big automobile tire. And his eyes were directed toward a sign further down the street, which read "Automobile Service Station."

"Aw—Mother—*can't* I be a Gypsy when I grow up?"

Mrs. Haynes's eyes were following the man's retreating figure as if he had hyp-



These photographs were not taken for the purposes of this article, but just happened to have been snapshots taken on a camping tour in Northern Michigan. Mr. and Mrs. Apperson and party are seen in camp, with their own Apperson Eight. The photographs tell their own story, offering a practical suggestion that anyone may follow.

"Mother—*can't* I be a Gypsy?"

"You can be one this summer, Son," was her astounding answer. "We are going camping with the car. Your father and I have been considering it for some time. Didn't you say these Gypsies had cars?"

notized her. There was a far away look in them and perhaps a sparkle of excitement. Something vague and half forgotten had come to life within her mind; perhaps it was the stirring of a long dormant imagination that has been hibernating, so to speak, during the winter of those matter-of-fact years of toil and poverty while Jimmy and his sister had been babies.

Jimmy looked at her steadily, and gulped, as if he were trying to swallow one that was too big for him. He had never known his mother to tell a lie, and yet—some things are too gorgeous to be a normal part of life.

Jimmy waited for no more.



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As much fun as a picnic. A suggestion of combined touring and camping, with the car serving as a part of the shelter. This was taken in the fields near Upper Jay, New York, in the Adirondacks.



He shot from the door with a whoop that made the Gypsy man look around, and long before his mother could stop him with the news that he must go upstairs and wash for supper without wiping off any dirt on the towel, he was well on his way toward the home of Spike to impart the news.

"Well," said Mrs. Haynes meditatively as she put in a telephone call for Spike's mother to insure Jimmy's immediate expulsion on arrival there, "I wasn't sure; but there'll be no backing out now. And—*what shall I wear?*"

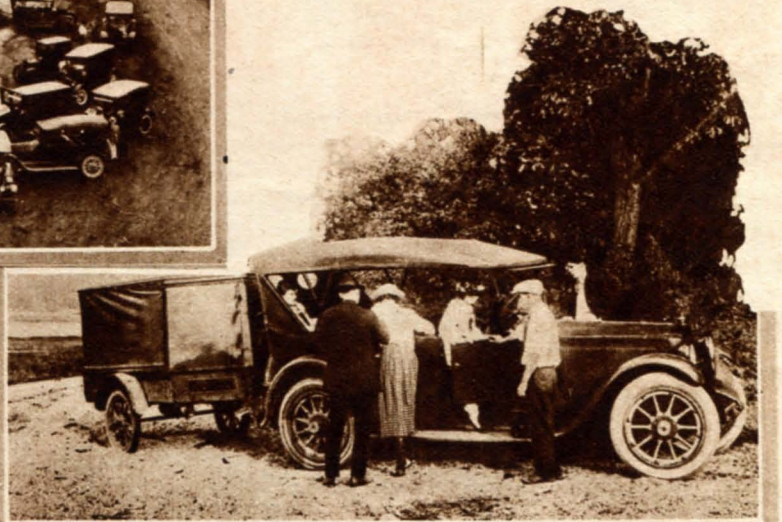
When Mr. Haynes arrived home that night, and received the account of the conversation between Mrs. Haynes and Jimmy, and the pledge in which it had ended, it was predestined that he should sign on the dotted line. What predestined it was Mr. Haynes's own record. Once upon a time, in the far away days of his youth, he had shown signs of the stuff he was made of by acquiring a bowie knife and a revolver—equipped with which and a wild west story, he had set out for the West to fight Indians and to rove the plains.

But they caught him, they brought him back, and again they riveted on him the cold and clanking shackles of civilization. It always happens so. But no man changes in his fundamental nature. The old complex, that mass of stifled desires which is the inheritance of our essentially nomadic race, remained. The longing for the things which life had denied him persisted, as it persists with all of us. There was never a time when he could watch



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The charm of the road. You may find the atmosphere and sunshine anywhere. This happens to be in Massachusetts, where the beautiful Mohawk trail branches, so that one may take either the upper or lower road.



Copyright Underwood and Underwood, New York

The idea of the trailer is growing in popularity as a camp accessory. This particular trailer is something of a folding bungalow on wheels, which, when opened up, spreads out into all kinds of conveniences. A smaller trailer, however, may be just a convenience for tent and equipment, and is usually more desirable, not to say comparatively inexpensive.

those covered wagons of the Gypsies lumbering down the road—particularly in the spring—without an uneasy sense that there was something wrong, something askew with life, some lost chord essential to his happiness could he but find it. It was as if the Gypsies were taking with them some vital part of him. Always he would be restless for days thereafter; and this made him ashamed of himself.

In this *impasse*, bound hand and foot by limited means, limited leisure, and the responsibilities of a family man, he had remained through all these years—he, and his family with him. Because there was no practicable release, (Continued on page 60)



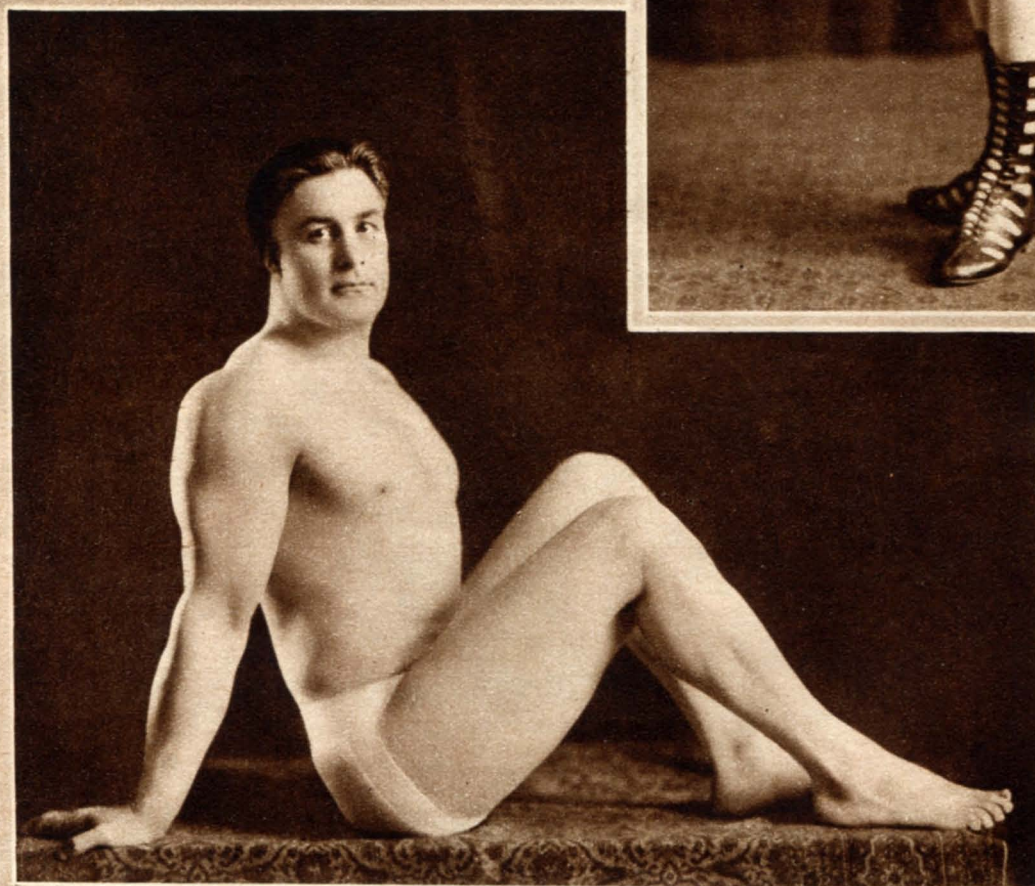
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This seems to be neither a touring nor a camping proposition. It is really a home on wheels, and while happy enough in this instance, is really too elaborate for the average family. In some instances trailers have been built on this ambitious plan, being nothing short of a home which can be towed about by the family car. In the opinion of this author, however, this elaboration complicates the idea and is less conducive to the sport of the thing.

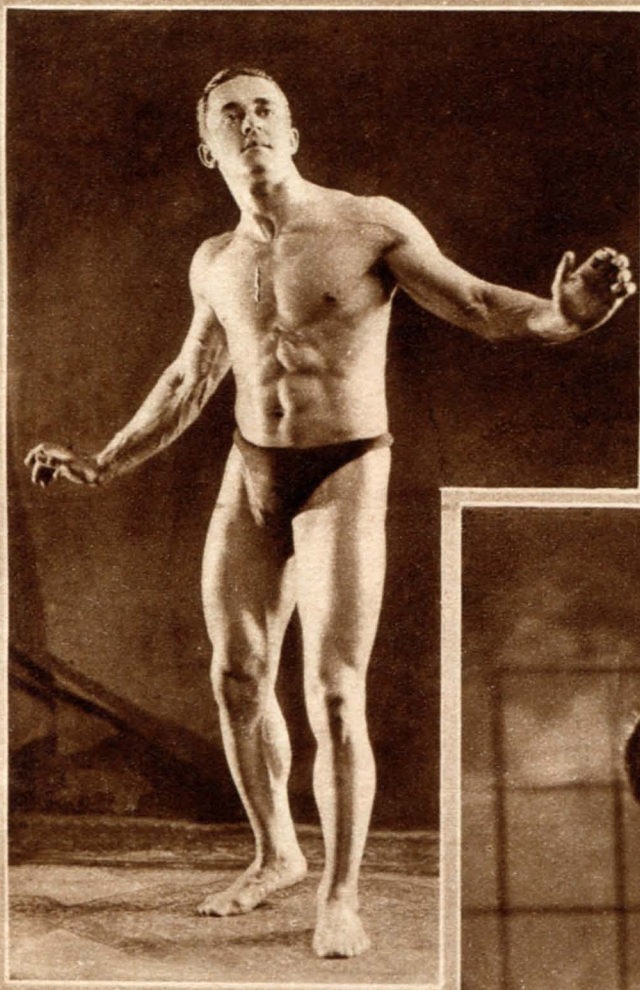


# The Body Beautiful

TWO interesting and characteristic poses of J. Edwin Crapo, D. C., of San Francisco, Calif. Some years ago Mr. Crapo was the winner of a photographic Perfect Man Prize Contest, conducted by PHYSICAL CULTURE.







THE late Tommy Faber, of Brooklyn, N. Y. This is perhaps the last photograph taken of Mr. Faber before his tragic accidental death.

STATUESQUE pose by F. A. Nordquest, Y. M. C. A. physical director of San Diego, Calif. Spinal therapists will appreciate this beautiful photograph of a perfect spine and back.











**W**OMANLY beauty reaches its prime in the thirties, or at least should, as evidenced in these photos of Mrs. Frank S. Minard, of Birmingham, Alabama, at the age of thirty-one. She was one of the half-dozen leaders in PHYSICAL CULTURE'S recent prize beauty contest. She says:

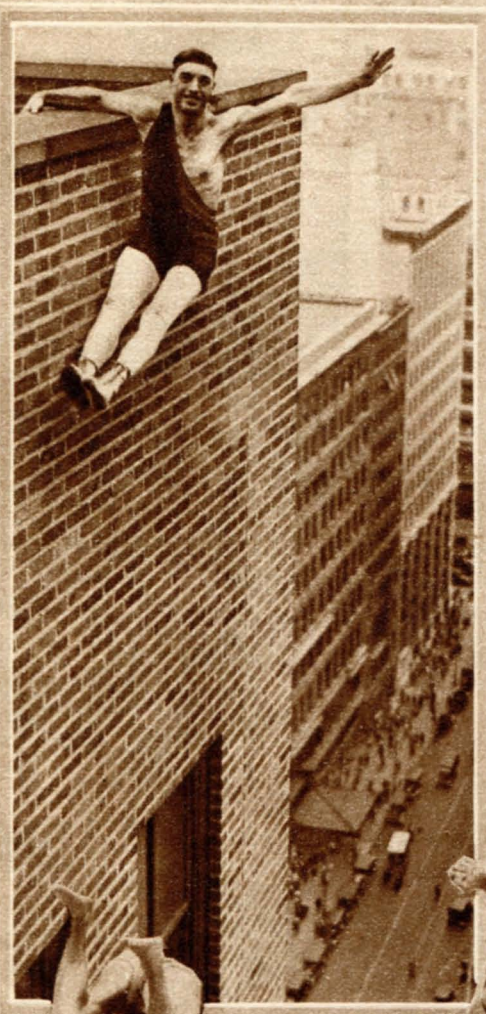
"I am very fond of strenuous sports, tennis, horseback riding and swimming being my favorites. Then, oh, how I do love to run.

"I have an unusually strong back and shoulders for a woman. A few Sundays ago we were out at a gold mine we are opening up, and one of the shafts was pretty well filled with water, so I took equal turns at the handpump with my husband and the engineer, and I considered it great sport. It did not even make me sore.

"As a youngster I roamed the woods, knowing where the nuts and berries grew the thickest; able to climb any tree to get the ripest fruit, or shake down nuts or peep into a bird's nest."



# Thrills of the Athletic Life



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wood & Underwood,  
New York



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The pleasures of tumbling. On the beach at Sidney, Australia.

Above, an exhibition of nerve and strength by Alfons Kurtzo, a Swiss-American physical culturist and professional daredevil.



# Leaves—Why and How to Eat Them

By Milo Hastings

**D**R. E. V. McCULLOM, the leading American authority on vitamins, came to the conclusion that man had made a serious mistake in developing the seeds

of plants as the chief source of his food supply, to the neglect of the leaves. He further suggested that we would, with the development of dietetic wisdom, make flour out of leaves which would be added to the grain-made flour to supplement its dietetic deficiencies.

This sounds fantastic and looks more so, because the color of such bread is neither white, brown, nor yellow, but *green*. I can vouch for the fact that the idea is not wholly ridiculous, for I tried it out on a small scale and made some very palatable green bread, which we ate without fatal results.

Dr. McCullom's conclusion as to the importance of leaves as compared with grains was based on experiments in feeding white rats. He found that rats could not grow to maturity and reproduce their kind on a diet of grain, but that they could do so when the grain was supplemented with edible leaves.

This may raise the question in some minds as to why humans should go to the rat to learn dietetic wisdom. The reply is that the rat is omnivorous and fitted by nature and experience to live on pretty much the same type of foods that man lives on. Neither the cat nor the cow would do as well for such experiments, because the one is carnivorous and the other herbivorous. The cow can live wholly on grass or other leaves, but neither humans nor rats have the digestive organ capacity to live wholly on such a bulky diet.

A further reason for experimenting on animals in general and rats in particular is that experimenting on humans is not feasible except in a very limited way. We can try new foods and new diets that we believe to be good, but we cannot be expected to stick it out on diets that are obviously destructive to health or life. But it is by just such radical experiments upon animals that we may learn of the dangers and deficiencies of foods for human use.

The rat completes its cycle of existence in fewer months than a man requires years. It is only by carrying out food experiments through a complete growing period, or through growth and reproduction, and sometimes through a succession of two or more generations, that the full and final effects are to be seen. Even if some group of martyrs should offer themselves on the altar of science as subjects for such exhaustive dietetic experimentation, we would all be dead and buried before such conclusive results as are attained on quick growing animals would become known.

There are two other species of animals readily available for experimentation and which, like the rat, are

Wherein I Shall Tell You Something of White Rats and Green Bread But Shall Also Tell You How To Make a Thousand Kinds of Salad and Give You Some Readable Recipes for Salad Dressings, Some of Which You Have Never Heard of Because I Invented Them Myself.

omnivorous in dietetic habit. I refer to the pig and the chicken. Now we know a great deal about the food requirements of these species because there is money to be made in raising

pigs and chickens, and governments have therefore appropriated funds for scientific investigations of pig and chicken feeding while neglecting both humans and rats as less profitable species. Hence long before Dr. McCullom and his co-workers began their "biological" food experimentation on rats, the science of pig and chicken feeding was pretty well worked out.

In the case of both pigs and chickens, the main portion of the most effective diet is made up of grains—whole grains of course, not white flour or degerminated corn-meal. In either case the mature animals may be fattened on an exclusive grain diet, but where growth or reproduction is desired satisfactory results can be obtained only by adding animal protein (milk being more efficient than meat) and *green leaves*. The essential practical need of vitamins was therefore known by pig and chicken raisers long before the laboratory scientists began their white rat experimentation.

Now it logically follows that if three other species of omnivorous animals, as different as the pig, the rat and the chicken, are all equally benefited by the addition of leaves to the diet, the same law of nutrition holds good for man; and that the liberal use of food leaves will promote growth, vitality, longevity and reproduction in the human species.

The chemical explanation of the why of this bears out the biological arguments. Outside of the three food elements of protein, fat and carbohydrates, we know of at least seven other food essentials. These are the three vitamins, the three minerals, phosphorus, calcium and iron, and lastly cellulose needed to secure a healthful digestive action.

Green leaves contain all seven of these essentials which are most likely to be missing or insufficient in the conventional diet.

Such are the arguments for, and credentials of, leaves as food, but it doesn't follow that you should live exclusively on leaves, but rather that leaves should be considered as a regular element of the diet, along with seeds and fruits, milk and eggs.

The variety of leaves to select from is comparatively small, yet is larger than the variety of seeds, for most of us live and die without eating over a half dozen kinds of seeds, while wheat alone forms nine-tenths of the seed portion of the average American diet.

The leaves of trees or woody perennial shrubs do not seem suitable for human food. Some of them may be edible, but tea leaves alone are (Continued on page 126)



# Vaccination—the Giant Delusion

Why Has the Most Intensively and Thoroughly Vaccinated Country in the World Suffered the Most Severely from Smallpox?

By Graham W. Desbrow, M. D.

DECORATIONS BY H. R. McBRIDE

**S**MALLPOX is being wiped out of existence. It is becoming so rare that thousands of physicians in civilized countries practice all their lives without ever having seen a case of the loathsome infection.

Smallpox is so infrequent, that here in the United States one has almost twice as many chances of being killed by lightning as of being killed by smallpox.

For example, one report issued some time since, showed that the total deaths from smallpox in the United States were only 74; while the total number of deaths from lightning aggregated 133.

At the same time, it is an additional comfort to know that in the entire State of New York, not one single case of bubonic plague, cholera, leprosy or typhus developed.

This is a significant and illuminating observation, and proves beyond the questioning of every physician and layman who believes in the efficacy of vaccination, that the moon is made of green cheese, and that for a cow to jump over this luminous satellite is only a matter of a little bovine determination and persistence.

However, the *real reason* that any cases of bubonic plague, bacillary dysentery, leprosy or typhus were not developed was not because we vaccinated every man, woman and child in the Commonwealth against the plague—cholera, leprosy and typhus.

It was because we have extended the sphere of sanitary plumbing, done away with the open privy and cesspool in settled communities, "sold" a goodly proportion of the populace on the hygienic and aesthetic value of an occasional bath (there's a lot of missionary

work still necessary in this connection, however), and improved our food supply in its distribution.

For ex-

actly these same reasons, we have also reduced the incidence of that other filth disease, smallpox.

It isn't because we have compelled the populace, willy-nilly, to submit to the dangers and the discomfort of vaccination. It isn't because our super-vigilant Boards of Health busy themselves on the slightest excuse or for no excuse at all—with scratching pus into healthy bodies in order to make their owners sick, so that they may subsequently be healthy again.

It's because we have evolved beyond the "dung hill" stage of civilization. We no longer empty our slops out of the second story window, as was the routine custom in the days when smallpox was in flower. Our great underground sewers, and not our great grandfathers' filthy overground gutters, carry away our polluted refuse.

Hygiene and the science of sanitation have been given a local habitation, as well as a name. We are being freed from the curse of smallpox, because *we have earned the right to be free*.

This wholesome condition, as we have had previous occasion to remark, prevails all over the globe—in every section that pays similar attention to the laws of hygiene and sanitation.

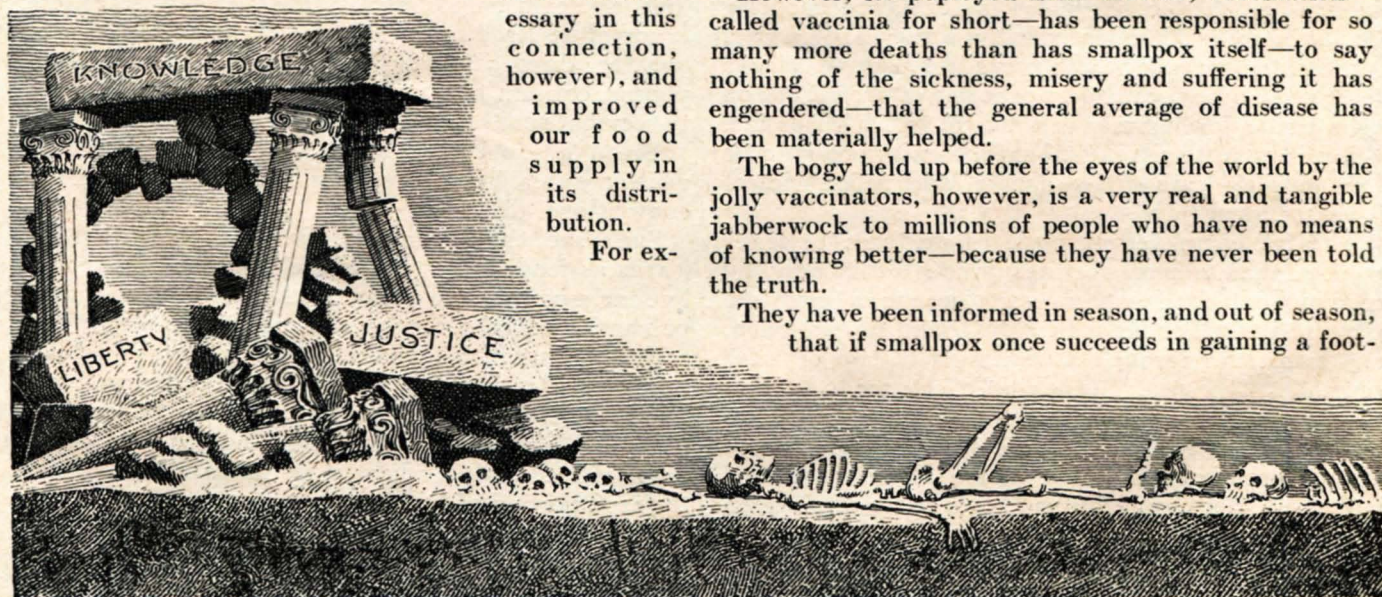
In Merrie England, for instance, the "sanitary era" has been gradually, but steadily, growing for the past score of years. Therefore, for the past score of years, smallpox, as a disease, has had almost a negligible effect upon English mortality statistics.

During much of this period, except for a few isolated outbreaks, there has been no smallpox in England.

However, its pop-eyed little brother, vaccination—called vaccinia for short—has been responsible for so many more deaths than has smallpox itself—to say nothing of the sickness, misery and suffering it has engendered—that the general average of disease has been materially helped.

The bogey held up before the eyes of the world by the jolly vaccinators, however, is a very real and tangible jabberwock to millions of people who have no means of knowing better—because they have never been told the truth.

They have been informed in season, and out of season, that if smallpox once succeeds in gaining a foot-





hold in an unvaccinated community, it spreads like a prairie fire. And that the only way to backfire this fire is to be vaccinated—early and often.

In discussing this matter in his work "The Vaccination Question" (how many doctors in this country have ever read this work?) Dr. C. Killick Milland, Medical Officer of Health for Leicester, England, says on page 185: "The orthodox view, held by most Medical Officers of Health, is that there is a grave danger of smallpox

returning in wide-spread epidemic form and causing a terrible mortality, as was the case in the pre-vaccination era. Undoubtedly, many have a genuine fear that if smallpox once succeeded in gaining a foothold in an unvaccinated community it would spread 'with a rapidity of which we have in recent times had no experience.' I realize that anyone who suggests that this view is unduly alarmist incurs a certain measure of responsibility, and I believe that this reflection has hitherto deterred those who might otherwise have been inclined to express a more sanguine view. Personally, having been Medical Officer for thirteen years, in a town which, for practical purposes, may be regarded as unvaccinated; living and moving as I do, amongst a child population ninety per cent. of which is unvaccinated, I feel unable to subscribe to this pessimistic view. I believe that the sanitary condition of the country has been so greatly improved, and alternative measures for dealing with smallpox have been so highly evolved, that we shall never revert to the stage of things which existed in the days before vaccination was discovered."

However, where sanitation is still in its infancy—as in Japan and in the Philippines, smallpox still ravages the population, despite the most strenuous and repeated vaccinations.

In Japan, with one of the most persistently vaccinated populations in the world—they have epidemics of smallpox which develop as high as 19,101 cases, with 6,273 deaths.

Nor does oft-repeated vaccination seem even to mitigate the severity of the disease. For the general death rate, per 100 cases, averages 42.25%—in even their most favorable years.

These are cold-blooded facts, based on government statistics and figures combined by the Surgeon General.

And here are a few more statistics that have to do with the terrible prevalence of smallpox in the Philippines—among the most meticulously vaccinated regions on the face of the earth.

Dean Worcester, for many years a member of the Philippine Commission, in his book entitled "The Philippines, Past—Present," tells us that to start the good work, more than 10,000,000 vaccinations were performed in the five years ending in 1910. Also one gleans from the reports of the Philippine Health Service that "A general vaccination of everybody in the islands was carried on during 1905—1910. Following this general vaccination, pupils of the schools (both public and private) and officers and employees of the government were required to be vaccinated annually.

"Regulations were also issued providing that all unvaccinated persons shall be vaccinated during July and January of each year."

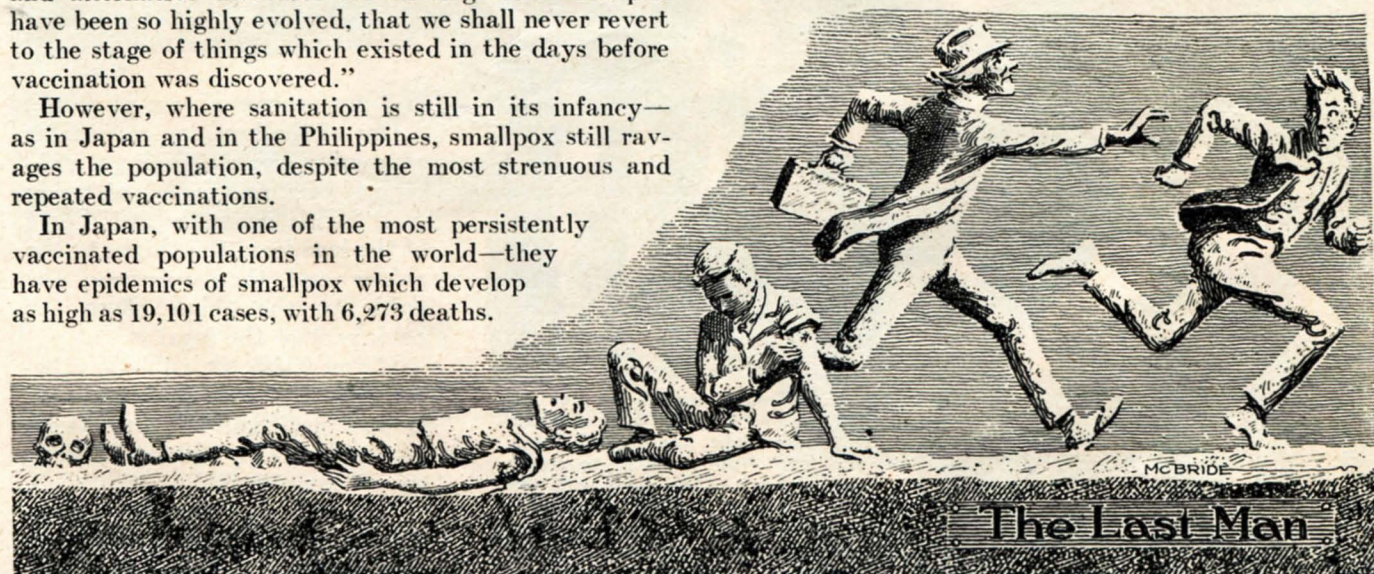
The 1918 report states that "Plans were made to start a general revaccination of the population. As a matter of fact, vaccination was carried on rather extensively during 1917 in the (Continued on page 134)

### How May We Best Fight Disease?

PERHAPS that depends upon the kind of disease. The word is a loose one, since it means so many different things. One may have functional disease through overstrain and consequent weakening of certain organs, for instance, kidney disease. There is disease caused primarily by impaired supply of nerve-force, and remedied in so many cases by spinal adjustment. And among others there is disease of the type attributed to bacteriological processes, associated with poisoning of the body, as in diphtheria, measles, bubonic plague, yellow fever and smallpox.

Now, everyone would like to see this particular disease wiped out. The real question is—how? The only dispute is in relation to method. As a matter of fact, such diseases are being eradicated because the world is learning the lesson of cleanliness. But many of our medical friends seem to believe that not sanitation, but inoculation is the great means by which we can rid ourselves of these maladies. It is our duty to look over the evidence in the case. For there is evidence that inoculation sometimes increases disease. Just what is the truth about it? You will find some mighty interesting and vitally important evidence on the subject in this article.

—The Editor.





# Rubbing Yourself Into Health

Friction Rubbing Gives the Skin a Satiny Smoothness, Maintains Unusual Activity of the Pores and Assists in Building Vitality

By Bernarr Macfadden

POSES BY  
MISS GERTRUDE EGGETT

**I**N the March number of this publication, considerable attention was given in the Editorial Department to rubbing as a means of adding to one's general vitality and vigor.

Though one may use a rough towel, rubbing gloves or a brush to

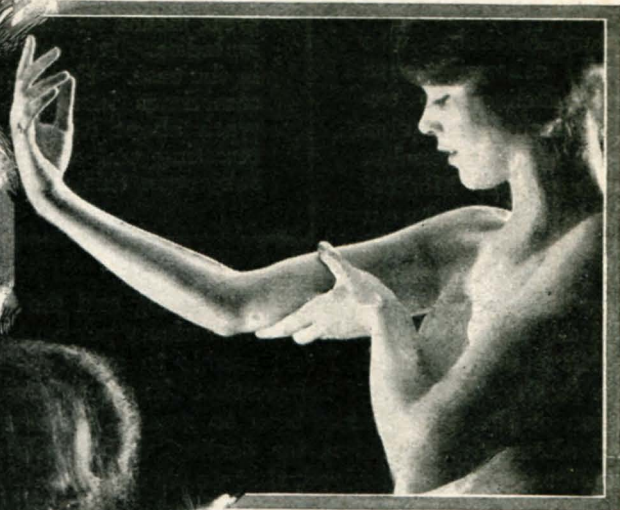
produce friction, I have found that the open palms of the hand serve the purpose more advantageously.

You can rub the body for some time with the open hand and in this way vigorously exercise the muscles throughout the entire body.

If you take this rubbing exercise properly, rubbing the hands back and forth on the surface of the body quickly, in a few minutes you will find yourself breathing quite rapidly. You can, and preferably should make strenuous work of this



No. 1. Bring left hand as far as possible around the right side of the neck. Pull downward, rubbing the right side of the neck. Execute same movement with the right hand.  
No. 2. Rub the top part of the lower arm, back and forth several times. Repeat with under part of the arm.  
No. 3. Rub under part of arm from elbow upward back and forth several times. Repeat same on the upper part of the arm. Rub the left arm the same way with the right hand.



No. 4. Reach around as far as possible over your left shoulder with the right hand. Rub back and forth from shoulder to center part of back. The same with the left arm over the right shoulder.  
No. 5. Bring left hand back and forth across chest. Right hand across abdomen. Alternate and repeat.

rubbing process if you so desire.

One of the best movements for combining exercise with the rubbing is that in which you bring your hands down the front part of the legs from the thighs to the ankles and then up from the ankle to the thigh along the back part of the legs.

If you finish the rubbing process with this movement and continue it until you feel quite tired, you will realize that you have done "some work."

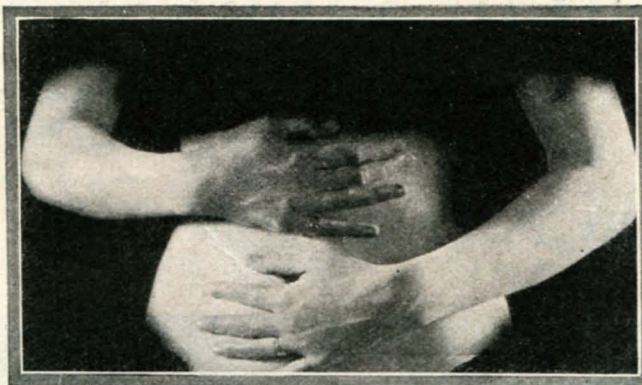
This rubbing process can be used at the most convenient time. As a rule, it should be done



preferably in the morning. It will help quite materially to awaken you for the day's duties, and will give you the proper stimulus that you need at this time.

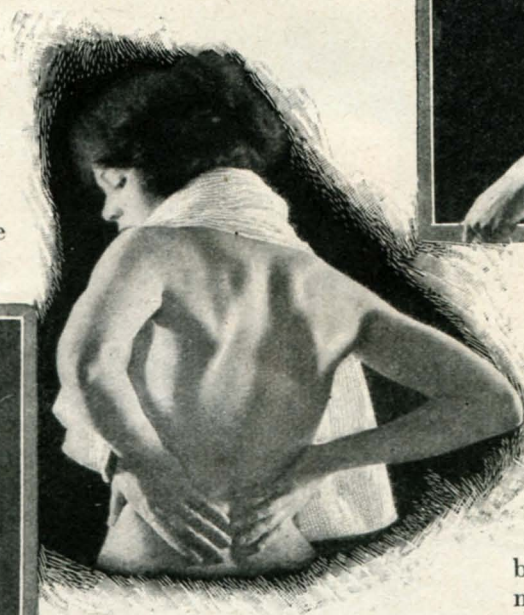
Some of us start the day half alive. It takes several hours to really awaken. Many individuals often get up in a semi-trance. They belong at this time to what might be termed the half dead and half alive class.

There are many causes for this particular physical condition, but regardless of what the causes may be, the rubbing process that I have illustrated will be of inestimable value in awakening the functional processes.



No. 6. Bring hands back and forth across abdomen, as illustrated. Change position of hands and repeat.

No. 7. (Below). Grasp towel as indicated, rub all parts of the back, with the right hand uppermost, then change position, with left hand uppermost. This is one of the most effective and convenient methods of rubbing the back.

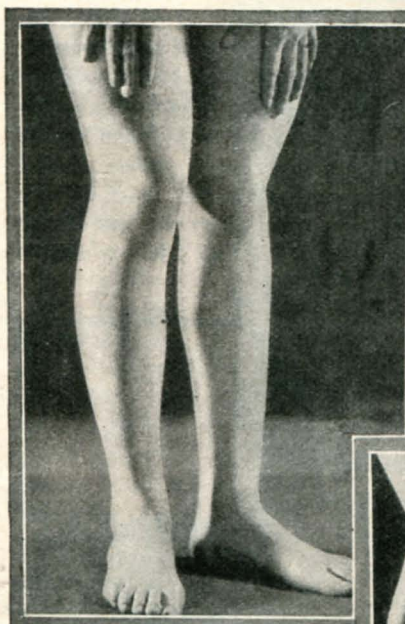


No. 8. Rub the back as far upward as you can, then downward to the curve of the hips.

If you make vigorous work of the rubbing as suggested, there will be no necessity of special breathing exercises. You will breathe freely and fully and will expand the chest to its complete capacity if the exercise is made sufficiently vigorous.

And there is practically no danger of heart strain while taking this rubbing, because the rubbing process materially assists the circulation throughout the entire body. The heart is relieved of considerable of its work while you are adhering to this method of vital building. Naturally the rubbing increases the circulation in every part of the skin though of course the pressure affects even the deep tissues, forcing the blood onward through the veins and capillaries.

Don't test this method in a half-hearted manner. Give it a thorough trial.



No. 9. Rub legs downward from position shown to the front part of the ankles. Then—(See next illustration).

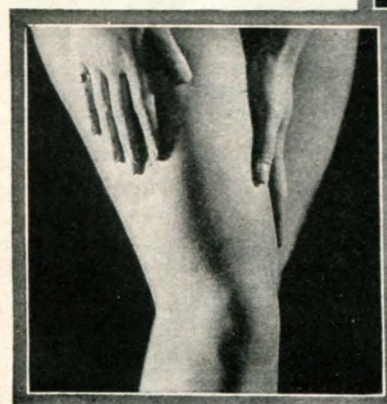


No. 10. Rub from back part of the ankles to the upper part of the legs. Keep the knees as straight as possible. If you rub vigorously, this movement is a good back exercise.



No. 11. Place one hand on the outer side of the leg and the other hand on the inner side of the leg. Rub from the knee to upper part of the thigh, first one leg then the other.

No. 12. Bring hands, from ankle to calf, back and forth, as shown in illustration.





# I Made a Man Out of Nothing

This Man Bumped the Bumps for Fair, and Was An Athletic Failure—  
But Did the Passion for Athletics Make Him a He-Man? We'll Say So!

By R. Rhodes Stabley

AS a boy I used to dream of the day when I should become a great college athlete. To myself I used to rehearse scenes of my prowess on the gridiron, the diamond, and in the cage. My rehearsals were greatly aided by the fact that I have always had an active imagination. I saw myself breaking through the enemy's line, tearing through obstacles requiring the greatest daring and speed, and hurling myself onward to the goal posts, while the roar of a thousand lusty throats re-echoed in my ears. Surely, it was a grand feeling I had those days. At least I can now pride myself in the fact that I had aspirations.

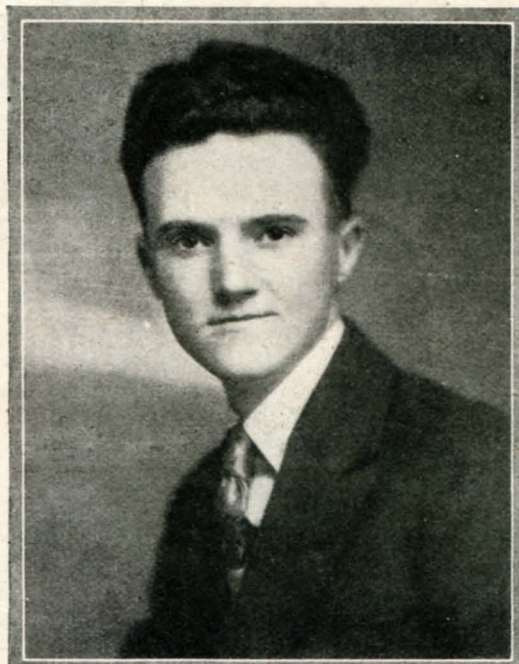
But it seemed that everything was dead in earnest against my becoming an athlete. I never lost a minute in exercise and activity, played ball from early morn till the stars and a late supper summoned me home, and ran, ran, ran all the time. Wind!—well, I had more wind than any boy in the neighborhood. I was proud of my endurance too.

I had always been the recipient of an extensive home-lecture campaign directed against the use of tobacco in any form, and to its non-use I can honestly credit my life today. I may as well add at this juncture that possibly it was not the paternal sermons I received about the stuff that caused my horror of it, but I

remembered reading one time the account of a great athlete who advised boys who wished to become athletes like himself never to use tobacco. I reasoned with myself thusly: "Since I have decided to become

a great athlete some day and win fame for myself and the rest of my relations, I shall not smoke nor chew." As a matter of coincidence, therefore, my plans and those of my household agreed upon the subject of tobacco and I suppose that my parents took unto themselves the honor of training their young son by advice and admonition.

Well at any rate, I was an active, boisterous youngster—to which fact all the neighbors will attest. I had what you might call organic health, but for some reason, after I had passed away ten summers I refused to grow and develop. The other lads with whom I



One may get out of athletics much more than the mere satisfaction of winning championships. Athletic ambition pushed this boy forward toward his self-development both physically and mentally.



The beauty of these Ohio hills and the winding Ohio River is unexcelled. Scarcely less attractive is the quiet road at the left, although we are told that there is a lake in the distance. The author knew the pleasure of a plunge in the lake after a long day's tramp, and then a soft bed in a haystack. Have you ever tried it?

played day after day grew head and shoulders above me in size and strength. I could compete with them in all tests of endurance, especially in running, but I was becoming more and more inferior in all other respects. Then it was I got the detestable (Continued on page 143)







I managed to swing under on the rods. A mile up the track I passed the posse with the bloodhounds.

# Are You Ready to Meet "Kid" Trouble?

**W**HAT are you doing to prepare yourself for the "show-down" that may come scampering across your trail tomorrow? Has it ever occurred to you that when it comes it may mean death if you're unprepared for it?

Have you ever given any thought to the unexpected emergency? For instance, would you collapse as did the night policeman at Denmark, South Carolina, when I shouted "hands up?"

For ten or fifteen years I was engaged in the more or less hazardous profession of burglarizing banks, during which time I had much occasion to appreciate the importance of being physically fit. An incident or two out of my life as a bank burglar will illustrate more vividly than anything that I can think of what it means to be "right" when the unexpected emergency arises. Also they emphasize what the penalty is if you're not "right."

The night policeman at Denmark was a giant in

Are You Fighting Fit, in the Pink of Condition,  
in Case You Should Meet Today or Tomorrow,  
the Emergency that Will Put You to the Test?

By John W. Gray

ILLUSTRATION BY LEONARD WHITNEY

stature; he looked like a fellow who could put up an awful battle if necessity arose. When we entered the town to rob the bank, about two o'clock one winter's morning, we decided to be extremely careful when we went to hold him up. For a week or

more I followed him all over the town at night, checking his movements so that when we were prepared to burglarize the bank we would know just about every move that he made from the time that he came on duty at midnight until he went off at six in the morning.

Up and down the main street we walked for nearly an hour looking for him. We didn't want to start robbing the bank until we had captured him and tied him up. It so happened that he had varied his routine on this night and he was not to be found anywhere. After we had searched for him and wandered around until our patience was exhausted, we concluded that he was not on duty, so we went to the bank, forced an entrance, and proceeded to blast (Continued on page 137)





# Superstition Helps

By Charles W. Paddock

**S**UPERSTITION is a foolish thing. The number 13 is not unlucky. Whoever says it, speaks nonsense. It is believed just because someone else has said so. Douglas Fairbanks once starred in a picture which poked fun at superstition, and the American people enjoyed that picture, and laughed with Doug at the superstitions of others.

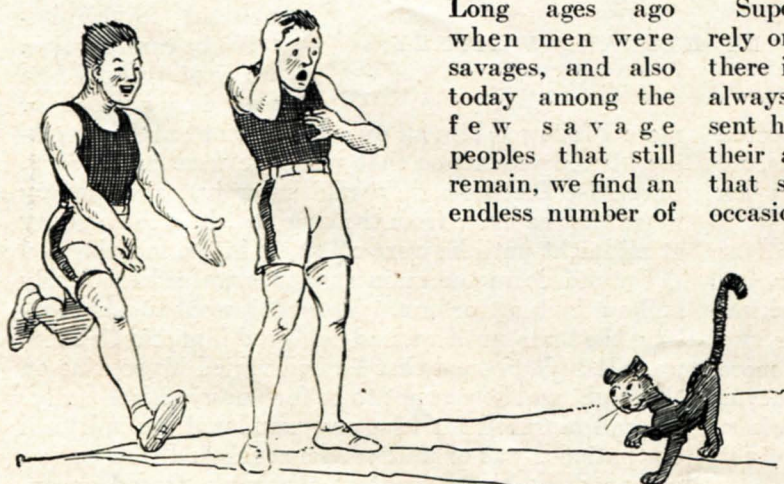
But superstition exists despite the fun that is made of it. And people believe in it, and dare not disobey many of its laws, though outwardly professing its non-existence. A man drives his machine down the crowded city street, and he boastfully says that he has never had an accident—but he hits on wood to prevent having one, that is if he is a sane and sensible man. Foolish, you say, perhaps, but why take a chance?

Many students have spent much time in tracing superstitions back to their beginnings. Long ages ago when men were savages, and also today among the few savage peoples that still remain, we find an endless number of

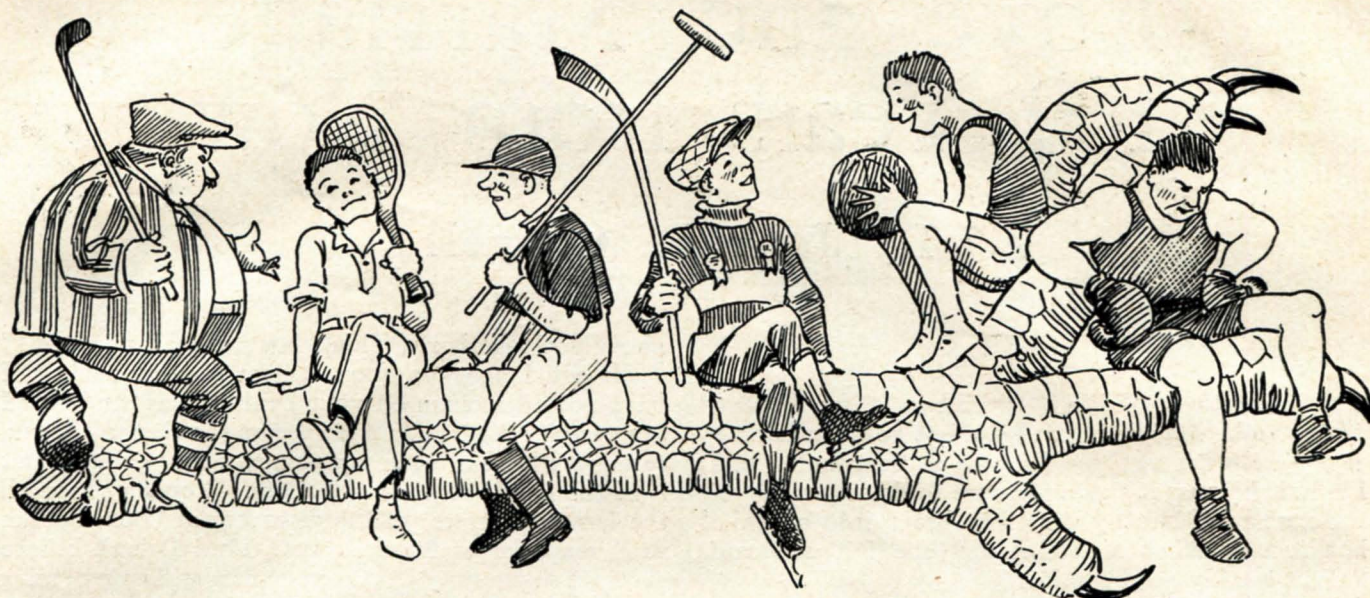
these superstitions. Its presence is felt not only among the barbaric races, but in the highest stages of civilized life. It exists in every realm of athletic sport, and it has proven not a hindrance but a help.

Athletics has felt its presence particularly, because athletics is to a great extent, dependent on chance, and superstition is a most successful way to combat chance. For there is such a thing as luck, and it has its laws. It's chance that gives the football eleven the shady end of the field at the critical point of the game; it's chance that a twenty foot put drops into the hole on the eighteenth green for victory and the championship. But these things alone will not bring success in athletics, any more than in any other endeavor. For it has been truthfully said that good luck is always on the side of the winner. One of the wisest men who ever lived was a lame slave called Epictetus who said, "The mark of a fool is this: He never expects from himself profit or harm, but from things outside him."

Superstition, however, is quite a helpful thing to rely on when all that is possible has been done, and there is nothing else but to wait for the result. This always happens to the coach of an eleven, who has sent his team into the field, and must silently watch their actions. Most coaches have some superstition that stands them in hand on these nerve-straining occasions. Coach Andy Smith of California, the man who developed the wonder team of 1920, and won the East-West championship on January first, 1921, at Pasadena, from Ohio State; Andy Smith silently sits on the bench and imbibes countless quarts of water. He drinks more during the game than all his team put together, and he thinks it brings luck to do so. Coach "Gloomy Gus" Henderson of the University of Southern California, the pessimism king of the Pacific Coast, who possessed a team







# Me to Win Races

DECORATIONS BY HUBBELL REED McBRIDE



last season that never lost a game, keeps his fingers crossed throughout the contest, and nothing short of an earthquake could compel him to uncross them, before the final whistle.

Superstition does not exist in football alone. When Babe Ruth knocks a home run, he does so with his favorite bat, and when he breaks his pet club, he does not knock another four base hit, until he has broken in another favorite club. Of the numerous bats before him, all practically of the same size, length, weight, and feel, there is only one which is satisfactory. This is simply a form of superstition. The average spectator would undoubtedly say that Ruth could hit the ball as far and as clean with any one of half hundred bats before him. But the average spectator is not athlete enough to appreciate the distinction. Most baseball fans probably believe that moistening the hands before fielding or batting is just a form that most ball players possess, and is unnecessary, but they do not understand the amount of confidence such an act inspires.

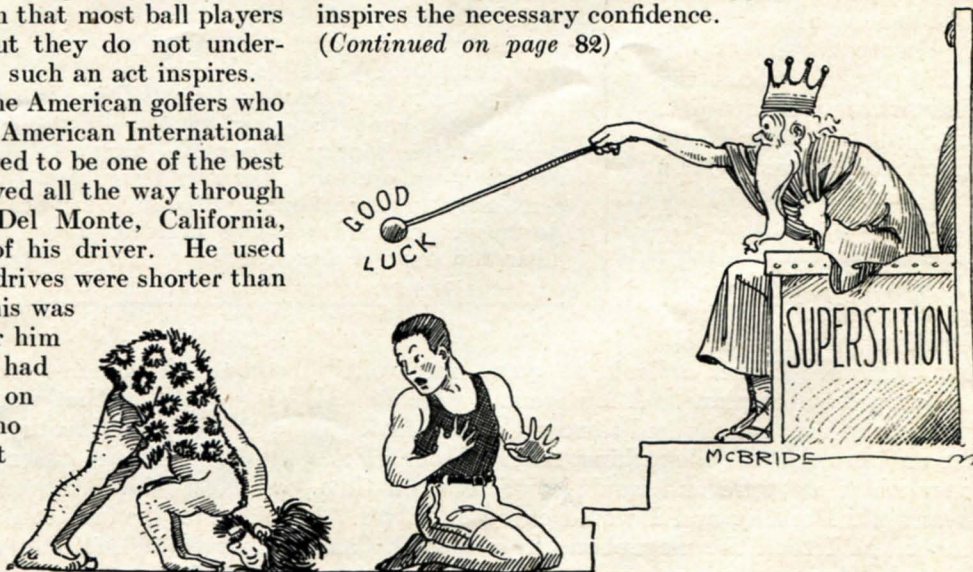
Dr. Paul M. Hunter, one of the American golfers who journeyed to England with the American International team, last spring, and who proved to be one of the best Yankee amateurs, recently played all the way through the State Championships at Del Monte, California, with a lady's spoon in place of his driver. He used this club from the tee, and his drives were shorter than most of his opponents'. But this was the only club that felt right for him to drive with, because he had broken all of his favorite sticks on his English trip, and the man who had made those sticks had left the State. But Hunter won the tournament, and the confidence his lady's spoon inspired him with, more than

made up for the shortness of his drives.

In track, superstition is ever present. Jack Sholtz, the wonderful sprinter of the University of Missouri, has long possessed a favorite pair of spikes, whose points are considerably worn down from excessive wear, but whose "feel" inspires him with a confidence no new spikes can give. Sholtz runs his greatest races wearing those shoes.

I have a silk suit, made in 1919, and first worn in the Inter-Allied Games of that year. The success which was mine that year, made that suit my "lucky" one. I have never lost a race in it, and whenever I have expected a hard contest I have invariably worn it. Superstition? Perhaps, but though it's almost in rags, I dig it out of the trunk every time I meet Kirksey, or Sholtz, or any other formidable opponent. It inspires the necessary confidence.

(Continued on page 82)





# Love and Marriage 100 Years from Now

By John R. Coryell

## CHAPTER X

AS Dorothy and I ran toward what we believed to be Mary's plane, I did not hold her hand to help her run, for she was as fleet-footed as I; I held it because it was a pleasure to do so.

As we ran Dorothy presently broke into a peal of laughter. "What a foolish girl she is!" she said. "What earthly good can it do her to follow you here?"

"You don't know her," I replied. "She's up to some mischief."

In a little while we came to a place from which we could see a plane hovering about a hundred feet above the earth. Then every possible doubt was dispelled; it was Mary's plane. But why did she hover there? Why didn't she come to earth?

After a little while we reached the open space where we had left our plane; and when I looked up I could see Mary peering over the side of her machine. She saw us as soon as we did her, and instantly she began to drop lower. When she was within about thirty feet of us she waved her hand in a mocking way and put her megaphone to her mouth.

"I hope you like it here," she shouted.

Dorothy, to whom the affair was now a huge jest, caught up her father's megaphone and answered. "It's delightful. Good-bye!"

"I'm glad you like it," came back from Mary, "You're likely to be here quite a while. I learned something from your old man, Oliver. Take a look at your reservoir."

I jumped to the plane. A few seconds were enough to convince me that she had removed all our fuel. It was only momentarily disturbing. After all, our friends knew where we were and would come to us in time. Meanwhile Dorothy and I would enjoy ourselves. I laughed as I took the megaphone from Dorothy and shouted, "Are you going to be so cruel as to leave us

alone here together? Think how we shall miss you!"

"Don't laugh too soon, Oliver," came back. "I have posted a claim on your bank of clay, and now I am going to file it. In a few hours the clay will belong to me. I have a lot in my plane and am going to put it in the hands of Carter Graham. You may have all the fame and credit of the discovery of Oron, but we shall reap the profit of its use. And I don't believe your firm will enjoy seeing their rivals first on the market with malleable glass. Now, Dorothy, I'll say good-bye, too."

Thereupon she waved her hand again and shot up into the air, leaving me a prey to mixed emotions. I was still staring after the mounting plane when I felt Dorothy's hand on my arm and looked down into her sympathetic face.

"Can she do such a thing, dear?" she asked.

I nodded my head. "I'm afraid she can," I answered. "There is an obsolete law that will permit just such an injustice. But never mind, dearest! I have you and that will compensate a thousand times over for the loss of the wealth that would have been mine. Let her go."

"It's the meanest thing I ever heard of," cried Dorothy, "but I don't believe she can accomplish it. Let's look at my plane."

"I don't believe it is worth while," I said. "She is sure to have thought of it."

"Maybe she hasn't thought of everything, dear," responded Dorothy in a tone so hopeful that instinctively I took heart,

though I couldn't believe that Mary hadn't been thorough, for that was one of her characteristics.

I followed Dorothy to where she had left her disabled plane the other side of the fall. I ran quickly and set about inspecting the reservoir and looking about for the tank containing the reserve fuel. Dorothy, however, did not stop at the plane but went some distance further on to where there was a great pile of

### Picking Up the Thread of the Story

OLIVER RONDALE, writing of events that transpired in the year 2022, details how he motored into the Rocky Mountains in search of clay containing Oron, his newly discovered metal. There in an impassable gorge he finds William Harris, who had lived, a prisoner in this ravine for one hundred years, and who is now one hundred and thirty years old. Our hero naturally is very greatly interested in the quaint and antiquated ideas of the old man, who reflects the conventions and standards of the early twentieth century. Of course these outgrown viewpoints seem very silly and absurd in the light of the progress attained by the year 2022. However, young Rondale has been pursued by Mary Willard, a mathematician, whom he does not love, but who proposes to him for the fifth time, and is determined to get him yet! It develops, however, that a third person has descended into the little valley. She is Dorothy Mason, and Oliver at once falls in love with her. Dorothy's airplane being disabled, it is left near the waterfall in the valley, while the party proceeds East to Dorothy's Brooklyn home. The engagement of Dorothy and Oliver is announced, and the pair eventually return to the Rocky Mountain gorge to secure more ore, and Dorothy's airplane. But they have reckoned without Mary's jealousy. Having scarcely arrived, they hear the purr of her motor.



rocks, which had evidently at some previous time fallen from the cliff above.

When I looked after her, having ended my inspection of the plane I saw her smiling and beckoning to me. There was always in her air and manner so much of joyousness and vitality that it was an inspiration to look at her; but at that moment she radiated such triumph, such glee that my heart leaped and hope revived.

I ran to her, demanding, "What is it, Dorothy?"

"My reserve," she answered, pointing to the tank that lay among the rocks. "I put it here to have it as far as possible from the dampness of the fall, knowing that sometimes it deliquesces. Aren't you glad you have such a prudent sweetheart?"

What answer could I make? Words were inadequate, so I resorted to the one infallible method of expression favored by sweethearts. I took her into my arms and rained kisses on her sweet face; and afterward we executed what might be called a war dance. Mary's detestable scheme for our discomfiture was thwarted.

I put the tank on my shoulder and together we ran, or it may be said we danced back to our plane. It took very little time to prepare some of the compressed fuel and fill our reservoir. Dorothy, meanwhile, was going over the engine to be sure that Mary had not done it any injury. Mary, however,

as I have had occasion to say, lacked the imagination to do more than imitate. I had taken her fuel on a previous occasion; now she had taken mine. It was the first time I had ever been pleased with her lack of imagination.

"Where do you think she was going?" Dorothy asked.

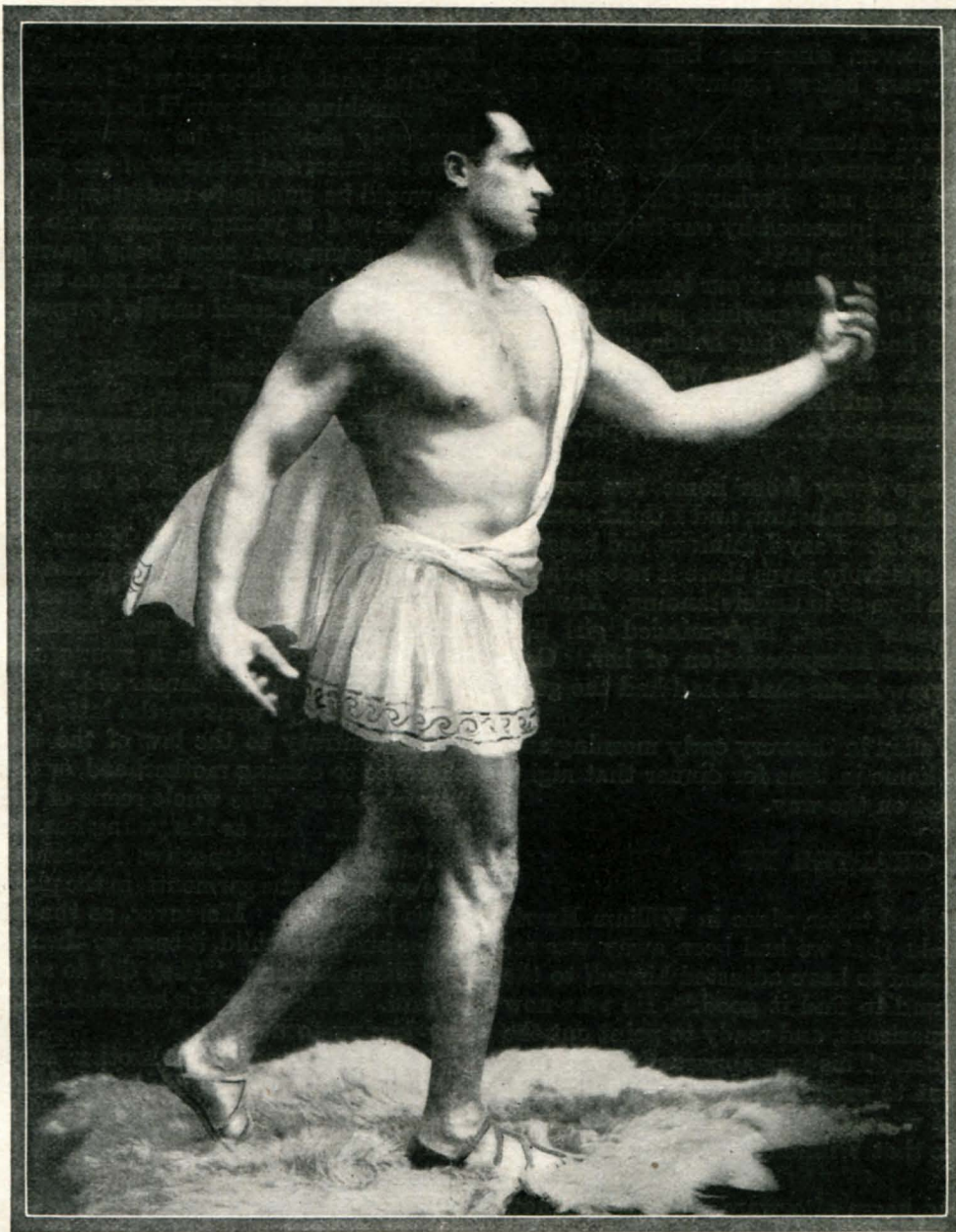
"To Denver, undoubtedly," I answered. "It is the nearest place and the proper place."

Mary had had a half hour's start of us, so it was

about an hour before we overtook her. I don't think she had any idea that it was our plane that was overhauling her until as we swept over her I called out on my telephone, "I'll tell them you're on your way, Mary."

She must have had her receiver on her ear, for instantly came back the startled cry, "Oliver! How did you get here?"

It was Dorothy who answered her. "It would be a pity," she called back with a chuckle that must have made Mary writhe, "if so good a chemist as Oliver couldn't make fuel out of the



Will the world ever return to the ideals of the Greeks, embracing again the recognition of the dignity, sanctity and beauty of the human body? This is the pretty prognostication offered in this fanciful story of life as it may be one hundred years from now. The ideal of the superman, physically speaking, is expressed in this photograph of Charles Siciliano (Atlas), known among present-day sculptors as the Greek God, last year winner of *Physical Culture's* thousand dollar contest as the handsomest man.

material at hand there. Once more good-bye!"

"It won't do you any good," raged Mary as we raced by. "I have posted my claim. The law is with me."

"Don't listen to her," Dorothy said to me. "Take your receiver off and tell me if you love me."

She set me the example and I followed it. No doubt Mary was furious when we made no response to what



she was saying but that didn't trouble us; and her plane was already out of sight while I was still telling Dorothy that I loved her and how much. It was a sweet task that took many words and consumed much time.

We had reached Denver and were out of it again before Mary put in an appearance. Indeed we passed her some distance out of Denver and had the satisfaction—a small one if you will—of telling her that the clay bank was safely mine.

The Government agent had told me in fact, after hearing my story, that posting her claim would do Mary no good whatever, since the Supreme Court had decided fifty years before against just such an attempt to "jump a claim."

Dorothy and I were determined not to lose our fun because of Mary and returned to the valley as swiftly as our plane would take us. Perhaps our delight in the beautiful valley was increased by our triumph over Mary. Human nature is like that.

We repaired Dorothy's plane at our leisure, and did whatever there was to do, meanwhile getting all the joy there was to be had out of our holiday; and that was very, very much, as any lover will understand. We kept a sharp watch out for Mary, too, not knowing what she might attempt to do. She did not put in an appearance, however.

Altogether we were away from home two weeks, learning to know each other better, and I think coming to love each other better. I say I think we did because it seems that when one truly loves there is not perhaps so much a growth in love as in understanding. Anyhow to understand a pure, sweet, high-minded girl like Dorothy is to increase in appreciation of her. Certainly the wonder grew in me that I had had the good fortune to win her love.

We left Happy Valley in the very early morning and reached Dorothy's home in time for dinner that night, for we made no stops on the way.

## CHAPTER XI

The change that had taken place in William Harris during the two weeks that we had been away was remarkable. He seemed to have adjusted himself to the new order of life, and to find it good. He was now quick to make comparisons, and ready to point out the flaws in the old order. This was apparent to me that night when we went to see a screen picture play. It so happened that it was a charming drama of domestic life; and I could see that William was deeply interested in it.

When we reached home afterward I asked him how he liked it, observing, "Of course it was quiet, but we have more exciting dramas, too."

"I don't want anything more exciting," he had responded. "It was beautiful. I guess you have a very competent censor."

"There is no such thing as a competent censor," interposed Mr. Mason, smiling. "In any case he is only a man like the rest of us; and in the nature of things he is a reactionary who is bent on preventing free expression. We learned long ago that progress was possible only when full freedom of expression was permitted. We had hard work getting on to where we are until we ceased persecuting people for having ideas different from ours."

"But," objected William, "suppose bad ideas were presented? I am thinking particularly of obscenity or licentiousness. I fancy that if we hadn't fought against such things in my time you wouldn't be having such sweet, clean plays as I saw tonight."

Mr. Mason smiled. "What was done in your day," he said, "was repressive, not reformatory. In those times the minds of the people were unclean, and they naturally put uncleanness into what they saw. We have a remarkable instance of this in the national museum. We have two films there, one is as it was issued by the producer and the other as it was after being censored in one of the states."

"And what do they show?" I asked.

"Something that would be funny if it were not so incredibly shocking," he answered. "Fortunately we have the recorded remarks of the censor to guide us or we would be unable to understand. As produced, the film showed a young woman who was an expectant mother sewing on some baby garments. The filthy attitude of the day had had such an effect on her that she had found herself unable to speak to her husband of her pregnancy."

"How awful!" cried Dorothy.

"Oh," laughed William, "it wasn't as bad as you think. Husband and wife always talked of such things freely; but in stories and plays the pretence was always made that they didn't, so as to show how good and pure the wife really was."

"But," interposed Mrs. Mason, "such a pretence was even worse than the fact would have been."

"Yes," admitted William, "I can see that now, but I can remember being very much pleased by such phenomenal modesty in a young wife. But tell us, Mr. Mason, what the censor did."

"The censor," went on the latter, "pointed out that it was contrary to the law of the state to make any reference to coming motherhood, or to suggest it in any way whatever. The whole scene of the baby garments was cut out. And as the young husband was supposed to learn of his prospective fatherhood by seeing his wife sewing on the garments, in the play he never learned of his happiness. Moreover, as the whole play hinged on the birth of a child, it became absurdly meaningless."

William laughed. "They did do some funny things," he said. "I recall that in one state they wouldn't allow any kissing to be done."

"It seems incredible," Mother Mason exclaimed.

"It isn't so incredible," explained Mr. Mason, "when you consider that people's minds were so steeped in filth. They were all trying to hide their nastiness by pretending they were so very, very nice."

"Yes," William agreed, "that was about it. I must say, though, that I have been very much surprised at some things in this connection. You make so little of nudity that I had expected to see nude men and women on the screen. On the contrary there was no nudity shown, and all the dresses were modest in the extreme. In fact all the dresses I see on the women in the streets or in the homes I have been in, have always been extremely modest."

"Where you make your mistake, William," explained Mr. Mason, "is in not fully understanding our attitude. In your day nudity was a forbidden thing, and in consequence was hungered for. I have seen some of the screen pictures of your day in which women were as nearly nude as they (Continued on page 106)



# Exercises Easy on the Heart

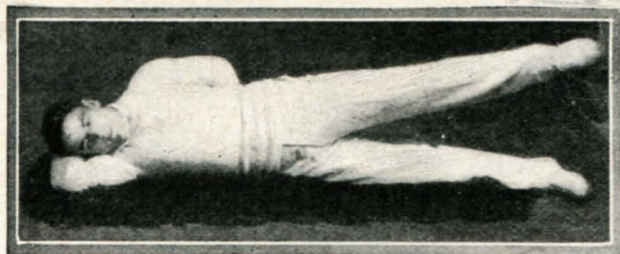
"Horizontal" Exercises Are Restful As Well As Strengthening, and Are Corrective of Organic Displacements

By B. Hodgson

**O**NE advantage that the system of "Hearth-rug Exercises" has over many others is that all the movements are performed in a reclining position—on your hearth-rug. In this way the heart is relieved of a large portion of its work; thus people with heart-weakness may take up this form of exercise with perfect safety provided they follow the rules here given.

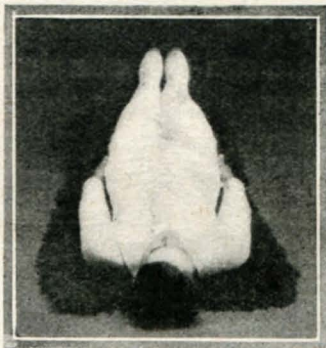
**TO DEVELOP THE CHEST.**—To commence with, all that is necessary is a comfortable thick rug, and knowledge of "how to do it." Beginning with Exercise 1, Photos 1 and 2, we have a chest-developing movement intended to broaden and deepen the thorax, and at the same time improve the mobility of the chest walls. To prepare for the movement, first take up the position shown in Photo 1. From this position draw up the arms towards the head, keeping them just off the floor, and at the same time breathe in deeply through the nostrils. Having accomplished a full inspiration, and reached the position shown in Photo 2, return the arms to the sides again, breathing out. The expiration may be made through the mouth, but in all cases where possible the breath should be taken in through the nostrils, as by this means the air is warmed and cleared from dust and impurities before entering the lungs. This exercise should be practiced until a slight feeling of tiredness is experienced across the chest.

Exercise 3, Photo 5. (Below)



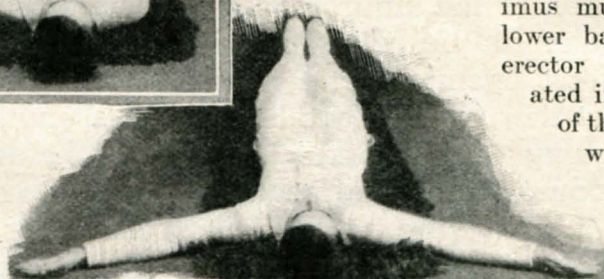
**TO PREVENT SPINAL CURVATURE.**—Exercise 2, Photos 3 and 4. Here the muscles of the back are brought vigorously into play, and this without having to stoop—an attitude that often causes inconvenience to those unfortunate enough to be victimised by headaches. The importance of keeping the back muscles strong and healthy can scarcely be overestimated. It is so often due to neglect in the early days that spinal curvature develops.

For this exercise, take the position shown in Photo 3,

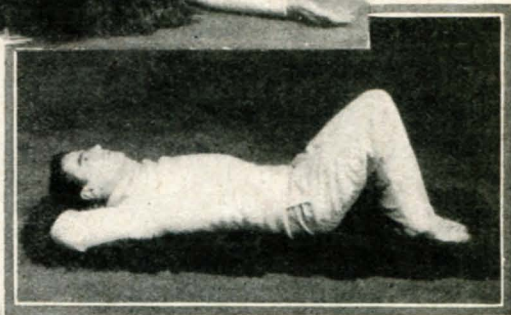


the head pillowed on the hands, and the feet drawn up till the soles rest flatly upon the floor. Then slowly elevate the abdomen until the trunk and thighs are in a straight line. See Photo 4. This will

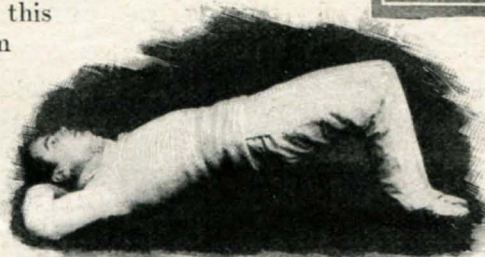
Exercise 1,  
Photos 1 and 2.



strengthen the biceps of the thigh at the back, the gluteus maximus muscles of the lower back, and the erector spinae situated in the middle of the back at the waist-line. At the same



Exercise 2,  
Photos 3 and 4.



time the trapezius muscles attached to the shoulder blades are brought into action. Thus it will be seen that the exercise tends to develop the chief muscles that support and move the spine.

After sustaining the attitude for about one second, let the body descend steadily to the first position, and repeat till the muscles involved are tired.

**STRENGTHENING THE THIGH MUSCLES.**—To practice Exercise 3, Photo 5, a change of position is required (*Continued on page 70*)



Exercise 4,  
Photos 6 and 7.





# Undressed Woman

By Bernarr Macfadden

"TO the pure all is pure.  
To the vile all is vile."

Vulgarity, lasciviousness dwell within. They come from within. To a clean mind everything is cleanly, wholesome.

A vile mind can twist even a heavenly vision into voluptuous debauchery.

Paid reformers advertising their mental corruption rail at the undressed woman. But they should be classed with the Nation's worst enemies. They are striking blows at the Nation's vitality. They are debauching the life principle. They are sacrilegious. They disgrace the name of religion. Why, the very Book that they pretend to reverence brands them as hypocritical falsifiers.

"God created man. In the likeness of God made he him." (Genesis 5-1). Therefore, man in his perfect state should be godlike in form. Doubtless we are a long way from perfection; but with all our faults, what reason have we for accepting the lasciviousness of the prurient prude in everything associated with the unclothed body? How dare those who pretend to be religious try to make us believe that the image of God is obscene?

And the good Book goes further! Not satisfied with stating that man was made in the image of God, we read that "They were both naked, the man and his wife, and were not ashamed." Here are two direct quotations from the Bible that religious people and those who are not religious should take to heart. We should reverence the body. We should exalt it.

And every foul-minded hypocrite that connects the body with erotic and debauching imaginings ought to be punished so severely that the stench of his mental processes would be corked up out of sight and sound forever.

What this age requires is strong, vital types of womanhood. Strong mothers are needed above everything else. And the strength of woman depends upon freedom from restrictive dress.

The more use women make of abbreviated costumes, the greater will be their physical activity, upon which vitality and health depend.

And then there is the mating instinct. Surely our sanctimonious brethren do not object to that particular sex attraction which brings men and women together in the holy bonds of matrimony.

Sensible men want vital women for wives. They want the mothers of their children to be capable of bringing healthy, vital children into the world.

They should also have the right to see their prospective wives sufficiently undressed to know the degree of physical excellence their children will inherit.

Marriage is not for today or tomorrow. It is for next year, for the next generation and for a thousand generations to come.

Must the degraded conception of the prurient prude distort and degrade the instinct of natural selection? Must we bring consumptive, emaciated weaklings into the world because of prudery?

Let us do what we can to make the next generation a man's age when womanhood will not be afraid or ashamed to stand out without the frills or furbelows that hide her defects.

Women are slowly but surely coming into their own. Pious hypocrites reeking with lasciviousness have tried to impress the race in the past with their erotic conception of the feminine form.

Make them hide their mental stench. Advise them to read the Bible that they pretend to call their own.

And then let us develop a race of men and women that will be proud of themselves, dressed or undressed.

Nakedness should be made so commonplace that it will have absolutely no association with sex imaginings, and until the race can reach this standard, we are still wallowing in the wanton filth that has been spattered all over us by foul-minded prudes for many generations.



# Syphilis Cured by Milk

The Personal Experience of a Victim of this Widespread Modern Plague Who Found a Cure in Fasting and the Milk Diet

By Edwin F. Bowers, M. D.

IT seems to have been pretty generally demonstrated that, under certain conditions, food is a detriment. And that the less one has of it the better off he'll be.

Men and women do not seem to realize this fact quite as readily as do cats and dogs. For even the wisest Nestor in the tribe finds it difficult to cultivate the same indifference towards food as do wild animals or wild birds, whose instinct teaches them to avoid a poison overload.

Perhaps it should be quite natural for a man to abstain from food when suffering from certain toxemias, as it is for his dog to stop eating when sick.

But as it is, his instincts have become perverted, his judgment distorted. He has been persuaded to eat, whether or not he has a normal appetite for food, or whether or not he may be benefited or injured by food.

Now, it is conceded that the improper conversion of food elements—particularly the proteids, which are highly complex, and which develop some of the most dangerous poisons that can possibly infest a human body—is responsible for the development of many grave metabolic disorders.

This is the undoubted origin of many varieties of rheumatism, as well as certain forms of diabetes, Bright's disease, high blood tension, and hardening of the arteries.

The accumulation of products of incomplete protein conversion also lowers the alkalinity of the blood and tissues. For most of these poisons are acid in character. The result of this lowered alkalinity is to make the organism lean away from life, and toward death.

But over and above all, the presence of the poisons in tissues and in the blood stream lowers the power of the body to repel the invasion of malignant micro-organisms by impairing the activity of the phagocytes—the little white policemen of the blood.

It is recognized by all medical men that this is true of a cold or a fever—notwithstanding the old adage "Feed a cold but starve a fever."

We now realize that to insure the best possible house-cleaning, it is necessary to starve not only a fever but also a cold—and practically every other form of infection.

We know that in the process of withholding food from a poisoned organism, we limit, first of all, any formation of depressing toxins derived directly from the food.

We also know that we force a catharsis of the cells themselves, an active elimination of the katabolic material—the tissue that has been used and is ready to be discarded.

This seems to be apparent from the fact that after a period of fasting—varying in different individuals from a few days to a week or more—there is an active elimination of quantities of fecal matter—dark-colored, and of highly offensive odor.

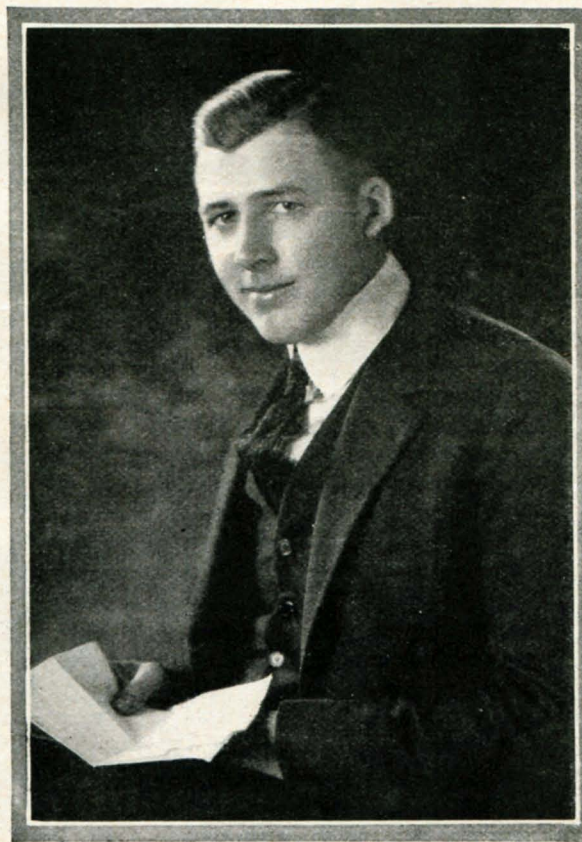
Sometimes the skin and kidneys seem concerned in this process of elimination in a manner that is quite obvious.

Ridding the system of this accumulated toxic material *must* put the organism in a better and more normal functioning condition—more fit to battle with the disease processes that have temporarily overpowered it.

But even more important is the fact that the phagocytes—the defensive scavengers of the blood—are healthified and relieved from the constant depression that

results from the presence of highly poisonous bodies in the blood and tissues. Also, from the necessity of having to try to navigate and keep up a healthy appetite for harmful germs, while living in an unhealthy blood stream.

It is exactly as though we had a fine force of police that we allowed to become filled up with "hop," rum, dope and ptomaine poison. (Continued on page 121)



Walter J. Van Deest of Los Angeles, who accomplished his own cure of an undoubted case of syphilis, through fasting and the milk diet, as related in his own story. Meanwhile, Mr. Bernarr Macfadden is carrying on an experiment, demonstrating with a number of cases, giving free treatment along these lines, the efficacy of natural methods and their superiority over the conventional drug treatment for this malady.



# "No Home Complete Without One"



Here's a curly one  
from Washington,  
D.C., Baby James  
E. Roger, Jr.

*Above, at left.*

Margaret Merry,  
one of the sweet-  
est there.

*Above, at right.*

Catherine Phillips,  
a sunshiny little  
sunbonnet baby.

*Below, at left.*

Young Jack Mc-  
Carthy, a "home  
completer" of  
Clarendon, Va.

*Below, at right.*

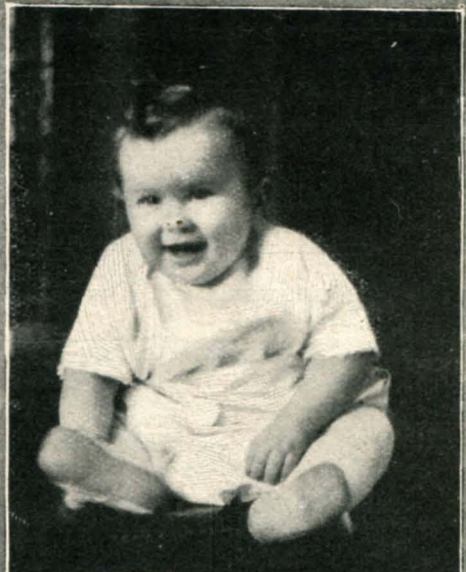
Photos Copyright  
Underwood & Un-  
derwood, New York







David Eugene Benton, a real physical culturist of Kuna, Idaho. *At left.*



William Howard Walker, a baby of the mountains. Glens Ferry, also in Idaho. *At right.*

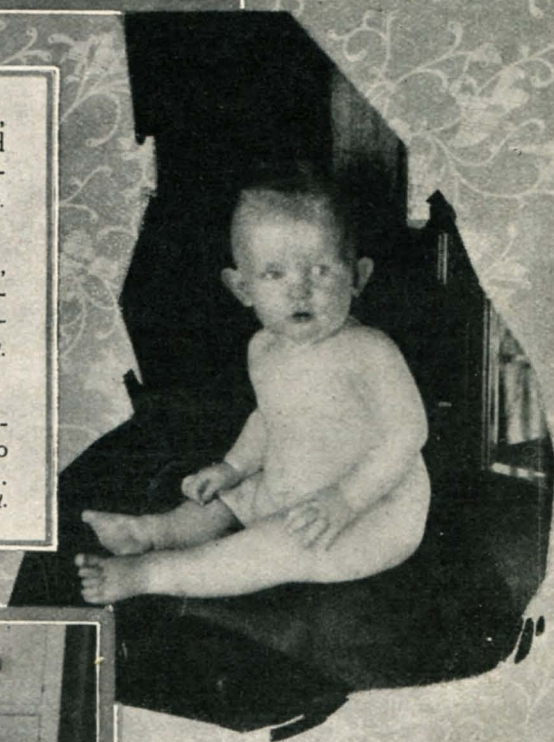


Milton Irving Roush, raising the babyhood average in Los Angeles. *Above.*



Elisa Aurora Burt, who radiates happiness in Santo Domingo. *At left.*

Norman Gill Stanton, another Idaho baby, from Kellogg. *At right.*



Virginia Ward Vestal, West Lafayette, Indiana, with a disposition that doesn't rub off. *At left.*



# What Would You Do in This Case?

## *A Personal Problem Department*

Conducted by Carl Easton Williams

**O**f course you would not, if you knew it, marry an insane person.

But if, after marriage, you found that your husband or wife was not the normal, healthy person that you supposed him or her to be, but on the contrary, was hopelessly and incurably insane, or if your better-half—in this case your worse-half, became insane after marriage, would you feel justified in securing a divorce?

Of course the question as to whether it would be right or wrong would apparently depend upon where you live. If you lived in New York State, divorce would be wrong, because the law says so—or words to that effect, inasmuch as the law does not recognize insanity as a cause for divorce in New York State. This means that the people of New York State, presumably, believe that divorce is wrong under such circumstances. In some other states divorce would be quite right.

There is the same justification for divorce on the grounds of incurable insanity, that one would find in the case of one married to a criminal. If your husband were a thief and murderer, sentenced to life imprisonment, you could not get a divorce in New York State. But from a biological standpoint, the misfortune of being a criminal is often very much the same kind of a misfortune as that of being insane, the victim being in either case mentally defective or sub-normal. However, that would not make divorce right in New York State. But if your husband took a liking to some other woman, certain very natural developments might make it both possible and easy to become divorced.

Of course if you accept the doctrine that one marries for better or for worse, and is irrevocably bound in marriage on this basis, one must accept the situation irrespective of insanity, criminality or confinement in jail or asylum. But to be consistent, this contract for accepting one's mate for worse, if need be, would exclude divorce even on the so-called statutory grounds.

A reader of this department presents a typical case as follows:

"Forty years ago a young man of twenty married a young woman of nineteen, living happily for three years when a baby girl arrived. About eighteen months later the mother became insane, was taken to a hospital where she has since continued to grow worse mentally, although physically in good health and apparently giving promise of living as long as any sane person.

"The home being broken up, the baby was placed with kind friends while the father worked to support himself and child, also contributing something to the support of his wife. Finally, at the advice of his family physician, he permitted the State to take charge of his wife's support.

"According to the laws of the State of New York, where the father and daughter have lived together for the last twelve years, insanity is not a recognized cause for divorce. Only one cause is recognized, that based on so-called statutory grounds. The man must now be content

with a home kept for the sake of his daughter, while the daughter, believing it to be her duty to keep up a home for her father, has remained single, foregoing the pleasure of marriage and the raising of a family of her own. She

would be capable of this, since she was brought up in a family where children were born, and has had the experience of taking care of

them. In other words, for thirty-five years, the father has been tied to a wife who is practically dead—dead except that she breathes. He must remain single until God in His wisdom sees fit to free him.

"Did this man do right, or should he have married unlawfully?—because there was no one to object to it if he did.

"What would you do in this case?"

F. M. I.

The direct question asked by our correspondent is not the chief point of importance in this situation. It is easy enough to take an unconventional view of the matter on the theory that in this case the law is all wrong. But so long as marriage is marriage, and the best institution of its kind that the world has yet discovered, the man in the case really cannot enter into an alliance with another woman so long as his insane wife lives. To live with another woman would not be fair to her, because of the possible complications of children, property considerations, and that sort of thing. The practical solution, in his case, would have been to move to some other state where divorce might be granted on grounds of incurable insanity after five years. The question of residence for the sake of his occupation would seemingly be of less importance than the very vital matter of divorce and re-marriage. It would seem that in this particular case the man was not sufficiently concerned about changing the situation to go to the trouble necessary to find a way out.

The subject is of interest, however, inasmuch as it is a problem with which thousands of others are confronted. It is a problem that was brought very vividly to our attention in the course of one of the season's most notable dramatic productions, that of the play "A Bill of Divorcement," by Clemence Dane, first given in London, then later presented in New York by Charles Dillingham at the Times Square Theatre.

The scene of the play is laid in the year 1932, a note in the program explaining that certain amendments in English law recently proposed by the Royal Commission on Divorce, are supposed to have been made prior to the opening of the play on Christmas day of the year named. Incidentally, it may be said that these recommendations of the Royal Commission are in line with the progressive changes in the divorce laws in Sweden and other parts of the world by which incurable insanity is recognized as a legal ground for divorce. On that basis one may assume that the world is coming to answer our first question in the affirmative, holding that insanity does justify divorce. Of course as a matter of eugenics, it seems (Continued on page 87)





BEFORE



AFTER

I am enclosing two pictures of myself to show what Wallace reducing records did for me. From 237 lbs. I am down to 160 lbs. In just three months I took off 70 lbs. and you may publish this if you wish.

Gratefully, MRS. E. BACH,

237 E. 113th St., Chicago, Ill.

**A** LETTER from a woman who reduced by my method gives me this bit of friendly advice:

"I know from experience what your course can do; but I think more people would believe it, if your claims of 60, 70, and even 80 lbs. reduction were not quite so strong."

Perhaps it *is* hard to accept these figures. But they are true, so I like occasionally to publish pictures like those above. It is cases like this which cause me to say that *anyone* can get thin to music; that my methods will overcome *any* case of obesity. In another instance, Wallace reducing records took eighty-five pounds off in about four months. Those whom I have reduced fifty pounds would make a long list.

Sixty thousand sets of Wallace reducing records would scarcely have been sold unless they really did reduce people! But to the person who says "I wonder if Wallace would reduce *me*?"—the best answer is the demonstration which I offer free. Why not try it and see? What better time to start? Whether you are five pounds too heavy, or seventy-five, the melody method will prove effective, and thoroughly enjoyable as well. The daily lesson takes but 12 to 20 minutes; it is all set to music, and there is not a dull moment in the whole course.

*Wallace*



### The Old Offer of FREE Proof Still Stands:

I have always invited a trial of my music method before any payment, or even promise to pay anything—and I have never had occasion to withdraw from my original offer of free proof. Just send me your name and address on the handycoupon below, and I will forward, prepaid and plainly wrapped, a full-sized, double-faced reducing record for five days' trial. All I ask is to *try it*:

WALLACE, 630 S. Wabash Ave., Chicago: Please send me record for first reducing lesson, free and prepaid. I will either enroll or mail back your record at the end of a five day trial. (62)

(Miss or Mrs.) .....

(Address) .....



## Auto Camping—Have You Tried It?

(Continued from page 35)

the Haynes family had stayed at home. Traveling meant hotel bills and railroad fare for four; ordinary camping meant a lot of equipment whose transportation would be an enormous problem, and whose possible use would be confined at the best to a two weeks period out of every year.

But staying at home has at least one dubious advantage. One is likely to save money. That's how it happened that the

compact little tackle for pulling out of mudholes. He bought tools of other kinds, some of which he didn't need, but all of which he wanted. He bought him a trout rod for use on certain distant streams that he had always dreamed about, and which he could now reach. And of course that meant a rod for Jimmy too.

When the gun is properly loaded and cocked, and all conditions are set for action, Fate generally manages to pull the trigger. The time came when the Haynes family was ripe for picking. One evening as they were speeding home after a long trip, something new and different happened to the carbu-

lunch basket. How comfortable it would have been if only they had had a little equipment—a light tent, a few cots, a blanket or so, a handful of cooking utensils, a compact little oil or gasoline burner!

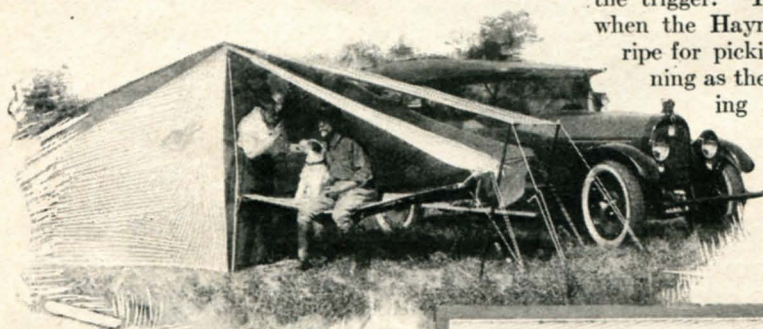
Then it was that they began to see the light. Not since they had bought the car had the Haynes imagination gotten such a jolt. When they reached home the next day the adventure lost nothing in the telling. Henceforth they roamed the world in search of thrills. Thereafter Mrs. Haynes always packed an ample lunch for fear something might happen. They didn't buy the cots and the tent just then, but they acquired the intention, and their inertia was a matter of economy rather than of want of vision. Thus Uncertainty became the zest and flavor of their trips, inflaming their staid, bourgeois imaginations, setting their hearts tripping and their eyes to sparkling, while they forgot the lesser irritations and monotonies of life. They courted the Unexpected; they sought Emergency in distant by-ways. And frequently they found it. Mysteriously the road ahead became a long ribbon whose pattern was writ in symbols which only he who ran might read. Life had completely faced about. Hitherto they had seemed to travel continuously *away* from every dream of their youth; and now, behold, lifting like shadows upon the skyline ahead, rose once more their "purple painted headlands and the lordly keeps of Spain."

Not that they fully realized it. They only knew that something was miraculously extricating them from the inhibitions that had baffled and thwarted them all their lives. They only knew that a car was "lots of fun."

To acquire an insight into the possibilities of a car takes time. One must grow to it. Thousands of persons own cars; but only a handful of them have yet learned what a car means, —that release is there for the taking; release as complete in its way as anything the Gypsy on the roads of the world can know.

Gypsies, by the way, are a fascinating

(Continued on page 62)



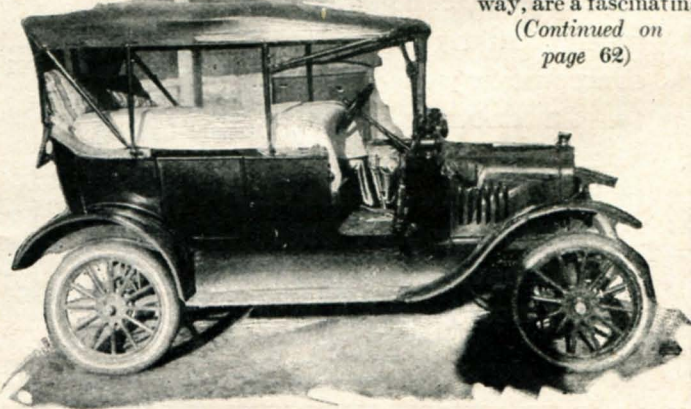
Some further suggestion in the way of automobile camping, the photographs being supplied by courtesy of the Auto Bed Camp Manufacturing Company of Kansas City, Mo. We have also learned that an automobile body for Ford chassis is made with special reference to camping conveniences, the backs of the front seats hinging back to help form a bed in the tonneau. This is made by the Autowa Body Company, of Ottawa, Ill.



Haynes family, like many another, at last got themselves a car. They got it with no clearer vision of its possibilities and potentialities than most American families have when they buy them a car. A car, in the still cloudy vision of the Haynes family, was a thing which might be used for Sunday outing and occasional week day spins. It was a release from crowds, and from the ineffable weariness of ploughing with one's person through masses of pleasure-bent humanity. It was a restoration of privacy in a day when privacy in one's recreations had seemed no longer possible.

Every Sunday, and sometimes on week days, the Haynes family would file into their shining new car, and proceed sedately, at as high as eighteen miles an hour over the paved roads of the vicinity. It was adventure of the finest. By and by they grew bolder. Their trips became longer. Their speedometer had to hump itself to keep up. They sought unknown highways with reckless disregard of the cost of rubber and gas. Mr. Haynes bought him an expensive and

retor. Mr. Haynes had thought himself fortified on carburetors, but this was too much for him. There was nothing to do but make a night of it where they were—which they proceeded to do with the help of a small fire, such rugs as were in the car, and such food as remained in the





# "More Progress in One Month by the Milo Method, than in a Year by any other System"—Ottley R. Coulter

**R**EADERS of PHYSICAL CULTURE, meet Ottley R. Coulter. You have all heard of him. Mr. Coulter makes no claim of being the strongest man in the world, but it is doubtful if you will find anywhere a man of his inches—65½—who is stronger or better developed than he. When you see a man like Mr. Coulter in a bathing suit, you say, "There is a man!" And how you envy him! You would give anything for a physique like his.

To the seeker after health and strength—and where is the reader of PHYSICAL CULTURE who does not want to be strong and healthy—Mr. Coulter presents a striking example of muscular development, and one that is possible of attainment by every normal man and boy.

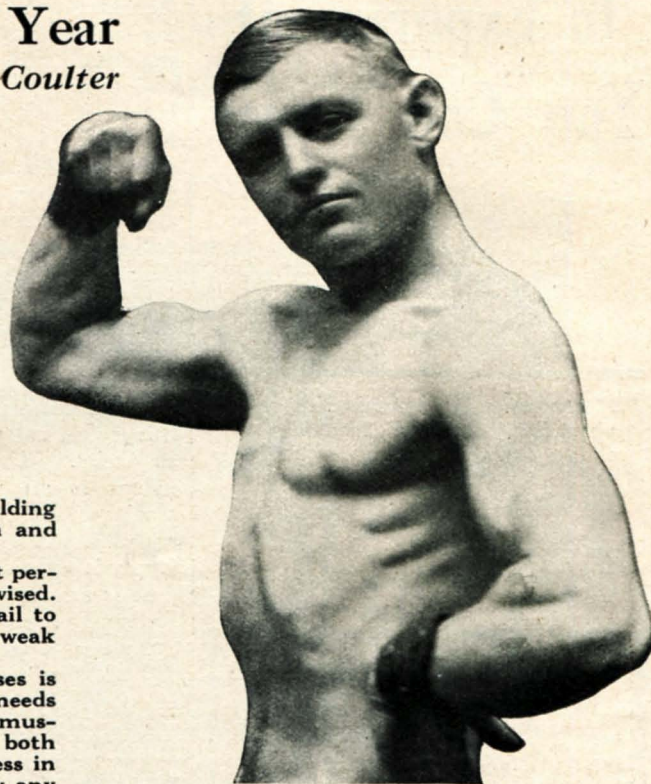
For Mr. Coulter wasn't always strong. Not exactly a weakling, but of slender build and no stronger than the average—and the average man or boy is far from being strong. Just look him over to-day! Certainly he is far stronger than two or three ordinary men combined. He says:

"It gives me great pleasure to recommend your body building exercises to every man or boy seeking improved health and strength.

"Milo bar bells and courses of instructions are the most perfect and complete system of physical development ever devised. With them it is an utter impossibility for any man to fail to gain health, strength and development, no matter how weak and undeveloped he may be on starting the exercises.

"The remarkable success of Milo Body Building courses is due to the fact that the system is adapted to meet the needs of the individual. The exercises bring into play all the muscles of the body, strengthening and developing all parts, both internally and externally. A man can make more progress in a month by the Milo method than he could in a year by any other system of exercise."

Sincerely yours,  
**OTTLEY R. COULTER,**  
446 Sapphire St., Pittsburg, Pa.



Ottley R. Coulter  
*Another Milo-Built Man*

## More Progress in One Month

**Y**ES, and it's real progress, too. Not just an additional inch on your arm, or a couple of inches on your chest. Not just a superficial development that looks nice and gets you nowhere. But real, sound, lasting and enduring strength. Sound nerves and firm muscles. The appetite of a wolf and the digestion of an ostrich. Every muscle in your body hard as nails, and your system running smooth as a dynamo. Energy and vitality supreme.

That's what progress by the Milo Method means, and it's surprising how easy it is of accomplishment. How do we do it? We are specialists in body building. We have been doing this work for the past twenty years, and this experience has taught us some body-building secrets that are going to prove mighty valuable to you.

With just a few minutes a day—right in your own home—we can give you exercises that will go right to the root of things and will give you sound nerves and firm muscles.

No matter how weak or undeveloped you may be right now, these exercises impose no strain or hardship. They bring into play each and every muscle of the body, strengthening and developing all parts equally. And they hold your interest by producing results that are noticeable immediately.

This isn't just a promise, it's a guarantee.

## Either You Make Good—Or We Do

**O**UR guarantee means just that—either you obtain results that are entirely satisfactory to you, or your money will be refunded without question. You are to be the judge of the results, and your decision will not be questioned. Fair enough, isn't it?

The Milo Body Building Method is the simplest and most effective means of exercise ever devised. No matter how weak or undeveloped you may be, you will begin with exercises graded to suit your needs and which will provide sufficient work for every muscle of the body, with no danger of strain or over exertion.

As your strength gradually increases—as it cannot fail to do—the resistance used is gradually increased. This eliminates all useless and wearisome repetitions, and makes a distinct saving in your time and energy. The beneficial results are noticeable immediately, and in a remarkably short time you are the possessor of a remarkable development that marks you as a man of unusual physique and accomplishments.

Remember, you can make more progress in one month with the Milo Method, than in a year by any other system. Our booklet, **HEALTH, STRENGTH AND DEVELOPMENT—HOW TO OBTAIN THEM**, will show you the way. It is free. Send for it today.

## The Milo Bar Bell Co.

*Physical Culture Specialists and the largest manufacturers and distributors of bar bells, dumbbells and kettle bells in the world.*

Dept. R, Third and Diamond Sts.,

Philadelphia, Pa.

## STRENGTH

*The Magazine of Good Health*

**I**F you have red blood in your veins—or if you want to have—you will enjoy every page of every issue of **STRENGTH**.

**STRENGTH** doesn't waste your time telling you why you should be strong and healthy. It shows you how you can do so without waste of time or energy. **STRENGTH** is the "Tell You How" magazine. No time is wasted chasing after fads and fancies. Interesting and instructive articles by people who have made a life study of health and the means of attaining it. In the June issue:

**Walter Camp**, originator of the Daily Dozen, the most popular system of exercise ever devised, is a regular contributor to **STRENGTH**.

**Alan Calvert**, who is America's greatest expert on physical training, writes each month on body building methods.

Water Trails, by **T. von Ziekursch**, who knows the out-of-doors as well as Alan Calvert knows body building, will just make you yearn to follow his advice on how to get the most out of that fishing trip you have planned.

"**Charley**" **Paddock**, the human Man o' War, tells how great sprinters keep in condition, in "What Makes a Sprinter."

They're just a few of the articles in the June issue. **STRENGTH** is for sale on all news stands. Ask your magazine man for your copy to-day. Or better still, send us your subscription direct. A coupon is attached for your convenience.

**THE MILO PUBLISHING CO.,**  
Dept. R, Third and Diamond Sts.,  
Philadelphia, Pa.

Gentlemen:  
I am enclosing \$1.50 in payment for one year's subscription to **STRENGTH** (\$1.75 Canada, \$2.00 Foreign countries).

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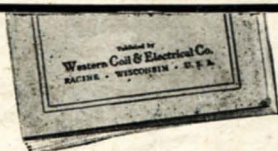
City.....State.....



# You Don't Have to Experiment You Can Know



Read what Dr. S. H. Monell says about it in this book. He tells you in language that anyone can understand just what High Frequency Electric Currents can and cannot do for you. He is an acknowledged authority on electric therapeutics who tells the whole truth about the Violet Ray.



Before you invest in any Violet Ray outfit—you should know what high frequency electric currents can and cannot do for the human body. You certainly want to know whether they are beneficial or harmful—whether you are making an experiment or making use of a universally proclaimed method of treating various disorders.

You don't have to experiment—take a chance—or spend a lot of money to find out about *high frequency* electric currents.

If you want to take Violet Ray treatments you can get the whole truth about them before you invest one cent in any outfit or course of treatments.

## SEND for THIS BOOK

Slip a dime into an envelope and enclose the coupon below for an unbiased, authoritative statement by one who knows what the Violet Ray can actually do.

We can refer you to dealers who will demonstrate reliable Vi-Ray-O outfits.

**Western Coil & Electrical Company**  
Dept. A Racine, Wisconsin

Enclosed find 10c for "The Truth about High Frequency."

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subject anyhow. If you don't believe it, read George Borrow's book "The Zincali." There is something extraordinarily arresting in the thought of this ancient race of wanderers, with their mysterious origin, their eerie traditions, their immemorial hatred of other races, their inveterate habits of lying and thievery in dealing with strangers, their unswerving loyalty to each other, their licentious dances, their unlicentious lives, their ugly fortune telling crones, their marvelous physical beauty in youth. It comes to one with a curious thrill to think of these people abandoning their immemorial and picturesque methods of travel in favor of unromantic buzz wagons, trailers, and compact camping equipment, and other things that are within our reach as well as theirs. The automobiling Gypsy, indeed is an authoritative and convincing interpretation of the automobile and of its possibilities. The automobiling Gypsy is a professional nomad. What he does is authentic, practical, and sound. It therefore sets a thrilling precedent for every man of us who would

"Follow the Gypsy patteran  
Over the world and back."

Do you know what a patteran is?—It's a sign, Brother. A Gypsy patteran may be some wisps of grass lying by the roadside to show some straggler of the party which of two roads the caravan has taken; or it may be a cross, marked mysteriously in the dust, with the long arm pointing the way; or it may be a cleft stick holding a pointer, and set up at the side of the road for a sign to be seen the more easily in the dusk.

Those are Gypsy patterans; but there be others. The patteran may, for instance, be the red, white, and blue sign of the Lincoln Highway; or it may be that sign at the cross-roads which corresponds to the passage in your blue book that tells you to turn to the left when you have crossed the bridge beyond the old grist mill. It all depends on your imagination. What does the old mill look like, anyway? Can't you see it? Its wheel was turning long before the Revolution. Let's go! Let's follow the patteran! But, Brother, it all depends on you—on whether, having grown up, and old, you are still kid enough to be a Gypsy along with Jimmy.

It may seem strange to find in this a return to the Greek ideal. The ancient Greek, you know, no matter how rich he was, had a horror of acquiring many possessions. He regarded freedom as the most necessary thing in life. By freedom he meant, among other things, release from responsibility and care. His notion of right living in the wilderness of this world was to *travel light*. To travel light, to be sufficient unto oneself, to have few wants and much contentment of spirit, to be comfortable at all times, *on a little*—that was the gist of the best in Greek philosophy, and it has been a light to the

feet of wise men in all the ages.

In this generation we have many possessions. That is a distinguishing mark of this complicated age. But consider! Suddenly, out of all this headlong rush and speed of modern life, has emerged, within the last two decades, the one thing capable of slowing it down. Out of the bustle and the hustle comes to us a still voice, the voice of the silent places, brought, as it were, mysteriously within earshot. For the automobile, built to pursue and overtake hurrying Time, has accomplished an astonishing thing. It has caught Father Time by the coat tail; it has whisked us, by its strange magic out of the maelstrom of our machinery age. Thus it comes to pass that every harassed mortal among us may today follow the patteran of his fancy along what open road he please, independent of the world, his sole responsibility narrowed down to the care of a small engine, and the manipulation of a camp equipment so simple and compact that he could carry the essentials of it on his back if he had to.

If that be not a jump to the Greek ideal, in a totally unexpected way, I don't know what else to call it. And if it does not contain within itself the possibilities of returning health, sanity, and poise for the American people, I don't know what could.

We are a roving breed. We like to be moving. We delight in the mere sensation of motion, if only for its own sake. Speed can make us drunken, as if it were wine. The automobile is the first instrument which has ever made it possible for men to move about, not only swiftly, but *individually*. On a train there is no such release. But in an automobile, a man goes as he will, flees to whatever fastnesses shall win his heart, and there gathers strength for taking up once more his life in a world of men.

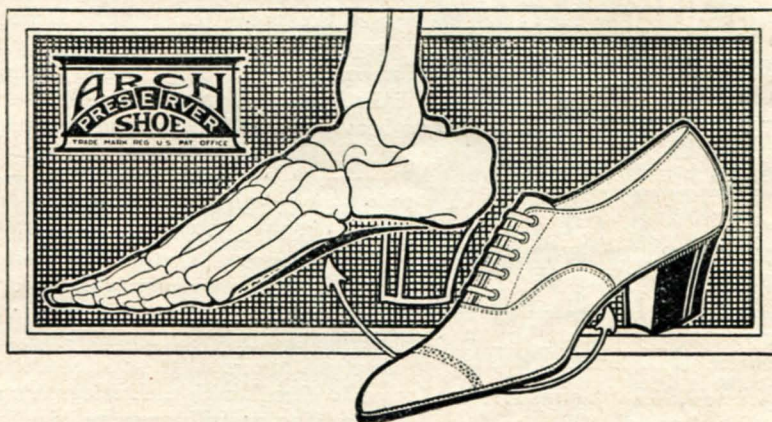
Of course there are lots of persons who can never learn how to be automobile gypsies. It is an art. It does not consist in acquiring a camp equipment and some maps, and then stepping on the gas. It does not consist in getting somewhere but rather in going somewhere, which is quite different. Motor camping is obviously impossible for the man who has not gotten the philosophy of it. The attitude of mind is everything. Most of us have a fatal trick of thought. It consists in the notion that the great thing about a journey is arriving at one's destination rather than the process of getting there. The great thing about the automobile is that it is going to get us away from that notion.

In the case of many a would-be automobile camper, this old habit of mind persists. It must be unlearned. The experience of making camp in a strange spot, and of cooking a meal with an equipment reduced to its lowest terms,

(Continued on page 64)



# 200 tons is the daily "traffic" over the foot "bridges"!



**T**HE average woman weighs about 125 pounds; walks at least a mile each day; taking approximately 3,500 steps! A "traffic" of more than 200 tons her foot arches must bear!

This constant weight pressure on her feet becomes a constant strain if her feet are not properly supported. And such a strain explains why practically 90% of all women have foot discomfort!



The Arch Preserver Shoe eliminates this strain by providing a foot-length support—just as Nature planned for the bare foot. This walking foundation is *built into the shoe*—really bringing the ground up to the foot.



Here are two of the splendid patterns from the complete line of Arch Preserver Shoes

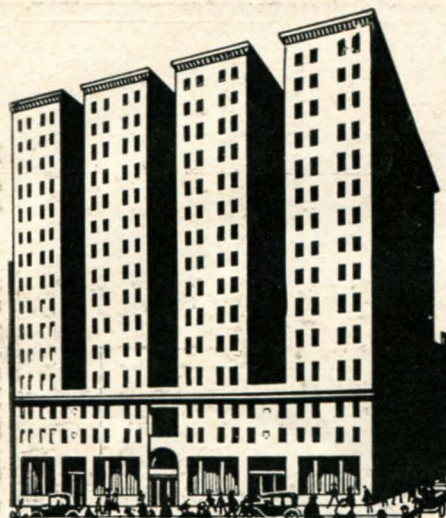
And the different construction and design of the Arch Preserver Shoe does not interfere with style. Hundreds of thousands of women are now enjoying both comfort and good appearance in their shoes. The Arch Preserver Shoe is for all occasions.

*Write for special booklet 61 on feet. Ask us for name of your dealer, if you don't know him, or call your "Tel-U-Where" Bureau.*

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51 Gallia St. Portsmouth, O.

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**in America's**  
**4TH LARGEST INDUSTRY?**

Do you know that in just ONE of America's big hotels there are over two thousand contented, well-paid, well-fed and well-dressed employees? Do you know that the Hotel Business is now rated as AMERICA'S FOURTH LARGEST INDUSTRY? Do you know that in the big hotels of the United States there are 40,000 EXECUTIVE positions—pleasant, high-salaried and dignified? Do you know that without the advantages of a higher education men are making \$5,000 to \$50,000 a year in the hotel business?

### You Can Qualify for a Big Paying Job

Statistics show that ONE IN EVERY TEN HOTELS WILL HAVE AN OPENING FOR MANAGER THIS YEAR. The men who will fill them will be the TRAINED men. Some of them have taken years to obtain this training by slowly, laboriously "working up." Others have used their spare time to gain the knowledge that gives them a short cut to success.



Clifford Lewis  
President

### I Guarantee to Teach You

the valuable knowledge that it has taken some of the most successful hotel men years to obtain—men who are now making \$5,000 to \$50,000 a year. All your training will be under the personal direction of CLIFFORD LEWIS—a hotel expert of national reputation. Endorsed by managers of such hotels as Waldorf-Astoria, Biltmore, Copley-Plaza, New Willard, St. Francis. A few spare-time hours a week given to the simple, clear lessons of the Course open the way to a good position, a fine living, and a handsome salary. The training will in no way interfere with your present activities.

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Big pay, fine living, free meals and apartment, fascinating work—all these may be yours if you will fit yourself for the thousands of opportunities in America's Fourth Largest Industry. Life membership in our Employment Bureau FREE to all students. Write today for interesting FREE BOOK—"Your Big Opportunity." Don't wait a minute—you may lose the one big opportunity of a lifetime. Mail the coupon NOW. Your whole future may depend on it.

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(Continued from page 62)

and of making one's self comfortable in a driving rain, and of keeping clean on a single change of clothing, and of pulling the car out of the mud, and of putting up with black flies, mosquitoes, and citronella, and of listening to the wind in the trees at dawn, and of attending to the pad-pad of unseen feet in the darkness, and of watching the stars—is all this the mere process of enduring inconveniences stoically in order to arrive somewhere, or is it the poetry of living? There are people whose idea of a "camp" in the mountains is a thirty room "cottage" infested with servants. In like manner there are would-be automobile campers who make moving vans of their cars because they lack all vision of the game. It's an art; all living is an art. And an art is a thing which has to be learned.

The essence of automobile camping lies in the trick of combining the opposites of existence, its certainties and uncertainties, into an appetizing mixture. The man who knows what he is about, surrounds himself with such safeguards and precautions as will preserve him from needless discomfort and disaster. He is not one of those fools who go out to "rough it." He sets himself a simple and adequate standard of comfort, and then provides for it. Then he subjects himself to the chances of the open road, he meets the Unexpected on strange trails, he subdues circumstances to his will, he rides existence and controls it gallantly, as a good rider does a spirited horse. And if things go wrong in spite of him, why that's the sort of roughing it that is not a silly affectation. There are limits within which we can meet misfortune and mischance and mishap with philosophical relish. To cope with life within those limits makes it a game, a thing of zest and delight; and ordinary living easily becomes vapid and flavorless when this element of adventure departs from it.

What equipment is needful for automobile gypsying, and how much money needs to be spent on it, is of course absolutely a question for the individual. The trailer, with its pneumatic tires, its ball bearings, its great carrying capacity, its compactness, may exactly fit both the purse and the philosophy of one man; whereas another might say, "Yes, I admit that a trailer is gypsylike and complete, and that it leaves the car unencumbered with baggage; but it won't suit my needs. What I want is to be able to go anywhere on my trips where four wheels can go. If I have two more wheels trailing along behind, that complicates it. Six wheels is too much. My limit is an outfit that will go into my car, and without taking too much room at that." And each man proceeds accordingly, and produces in either event a simple living unit in whose sufficiency he will find constantly increasing delight.

As a matter of fact, this whole question of the camping automobile is still in its

crude beginnings. As yet no car manufacturer has had the imagination to see what is coming, and to make himself first in the field by producing right away, at the beginnings of the demand, a machine whose mechanical appointments would be expressly designed for the use of the man who wants a car that he can use in town, and which he can nevertheless instantly convert into a completely equipped camp. As a result there is an enormous diversity of outfits, unscientifically worked out; and this will continue till some car manufacturer with an imagination takes hold of the mechanical problems involved. Now, everything is makeshift, and the problem of distributing the weight of camp equipment, a matter of extreme importance to the man who wants to get the most out of his car, has not been met at all.

In the meantime, I suppose one man's dream of the ideal camping outfit is as good as another's. For instance, I have some notions about it, at some features of which an automobile engineer would doubtless laugh.

The car of my dreams will be always ready. When the owner of it wants to go, all he will have to do will be to put certain standardized bundles on the running board and under the tonneau seat, and on the back of the front seat, strap them in place, farm the cat out to the neighbors, place the dog and the family where the bundles ain't, leave the house key under the front door mat, wiggle his fingers at all things civilized, and step on the accelerator, all in the space of, say, fifteen minutes, if his wife will permit it.

The owner of my dream car will be perpetually mobilized, on and within the limits of four wheels. His equipment will be always ready and packed. Part of it will be in place all the time; and the more cumbersome part only when the time comes to start. The weight will be rightly distributed, as near to the center line of the car as possible; and every last item of it will be accessible, light, and handily moveable.

One of the features of this car will be a front seat so made that the back of it will tip back to horizontal, and the back cushions of the tonneau seat will fill up the remaining gap, with the result that the happy owner will have something a good deal better than a Pullman lower berth to sleep in.

Think of the possibilities of that for two persons who want to sleep in their car without the bother of pitching a tent, snug from the weather, with their shelter over them and about them day and night. Why it carries one back to the thrill of delight with which in childhood we used to tip the big rocker upside down, cover it with rugs, and had a house and castle right in one corner of the library!

I understand that there is a car with

(Continued on page 66)



# Are *You* Satisfied with *Your* Appearance?

Are you as strong and healthy as you wish to be?

Do you feel the fire and vim of youth surging through your veins?

Do you have a well developed, powerful physique, a pleasing appearance and a strong personality?

Ask yourself frankly, "Am I a Real Man?"

## How Do Your Measurements Compare With These?

Height .....	5 feet 9 inches
Weight without clothes.....	158 pounds
Neck.....	17 inches
Biceps.....	16½ "
Chest.....	47¾ "
Waist.....	32 "
Forearm.....	13 "
Thigh.....	23½ "
Calves.....	15½ "
Wrist.....	6¾ "

Look in your mirror this very night and see what it tells you. Would you be proud to have your picture produced in these columns? How does it compare with the illustrations and measurements shown herewith? Your outward physical appearance reflects your internal condition. If you do not show a daily improvement outwardly, you must not be deceived. Your body is being consumed and you are clogging up like the stagnant pool. Stop then where you are. Get a grip on yourself this very minute. Let this be the start of new life and physical perfection, for it is yours if you will accept it.

You can easily obtain these proportions and perhaps better them if you really set your mind to it. Many of my pupils are stronger and have larger measurements than I have. Why not give me a chance to help you make the most of yourself? I have developed thousands of boys and men, taken many of them when they were physical wrecks—more dead than alive—and trained them into powerful athletes. Wouldn't you like me to do the same for you? No matter what your condition is at present, I CAN DO IT—now it is up to you to let me.

## You Are Judged by Your Appearance

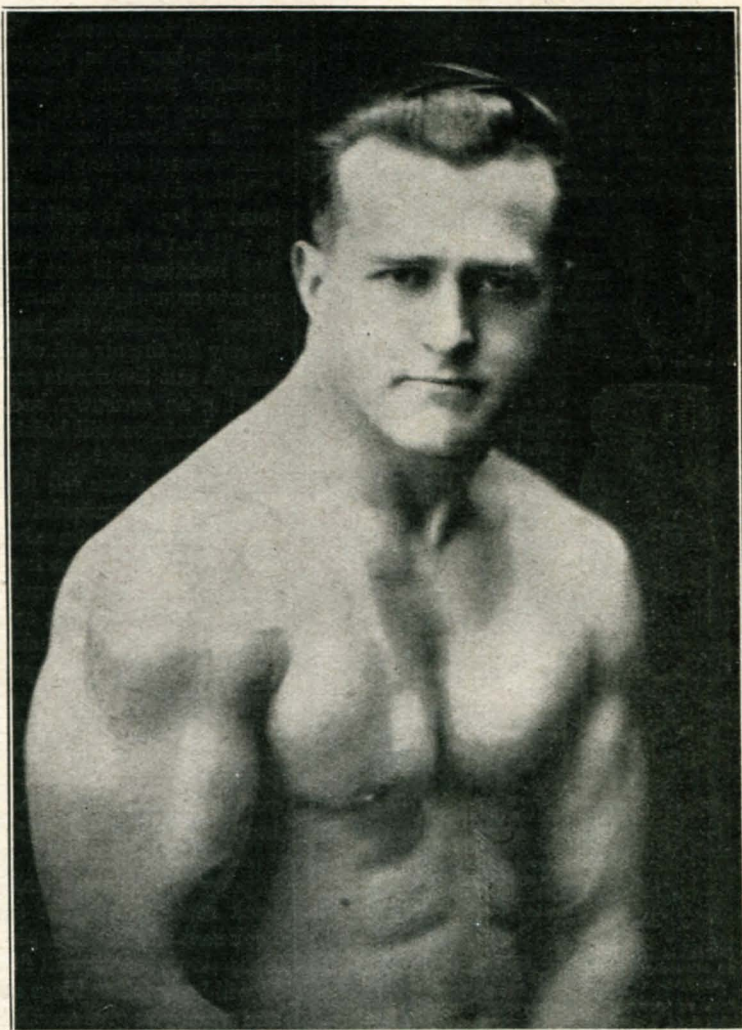
Look strong and feel strong and have a strong personality. Be a man of power! Broaden your shoulders, deepen your chest, make your arms thick and muscular, straighten your neck, develop your legs and obtain the energy and "pep" that only an athlete knows.

Why put things off? Every day you put off is a day wasted which could be spent in beautifying your body.

**EARLE E. LIEDERMAN**

Dept. 67

**305-309 BROADWAY NEW YORK**



Latest photograph of  
**EARLE E. LIEDERMAN**  
Taken February, 1922

## THE EIGHTH EDITION OF MY LATEST BOOK "MUSCULAR DEVELOPMENT"

is just off the press. It contains 26 full page photographs of myself and some of the athletes I have trained. This book is bound to interest you and thrill you. It will be an inspiration to you. There is not another book like it on the market. I want every man and boy who reads this page to send for a copy. IT IS ABSOLUTELY FREE. Remember, this does not obligate you in any way. I want you to have it, so it's yours to keep. All I ask you to cover is the cost of wrapping and postage—10 cents. Now, do not delay one minute. This may be the turning point of your entire life. Tear off the coupon and mail at once while it is on your mind.

**EARLE E. LIEDERMAN**

**305-309 Broadway, Dept. 67, New York City**

Dear Sir:—I enclose herewith 10 cents, for which you are to send me, without any obligation on my part whatever, a copy of your latest book, "Muscular Development". (Please write plainly.)

Name.....

Street.....

City..... State.....



(Continued from page 64)

# Hay Fever SUFFERERS!

and other victims of nose and throat infections  
**At Last—Here's Instant Relief!**

**A Wonderful New Discovery that Brings Instant Relief, Lasting Comfort and Freedom from the Nerve-Racking Misery of a Dreaded Infection.**

If YOU are one of the thousands of sufferers from Hay Fever, Rose Fever, Asthma, Summer Colds, Catarrh, and other health-destroying infections, do



Inhaler (Pat'd)

not hesitate a moment and try this new and wonderful treatment.



Fits snugly into the nostrils

Although you may have spent hundreds of dollars for doctors' fees, drugs, washes, gargles and so-called "cures" you cannot afford to ignore this simple but amazingly effective remedy that is now offered you on a money-back guarantee.

## Breathe-O-Tol

ranks high among the scientific discoveries of the age, for it comes as a welcome relief to thousands of sufferers who have jeopardized health, happiness and opportunity because of the handicap of chronic infections.

Don't remain in misery another day for the scientifically tested benefits of Breathe-O-Tol insure quick and CONTINUOUS relief. Thousands of sufferers have used and endorsed this wonderful treatment. Their letters of praise and appreciation tell the true story of Breathe-O-Tol results. Try it—TODAY—and be convinced.



Perfect rest at night

50 Medicated Cartridges (Pat'd)

The Breathe-O-Tol treatment is delightfully simple yet powerfully effective. Just put one of the medicated cartridges into each cup of the tiny silver inhaler, slip it into your nose and forget it. It doesn't show, it can't fall out and its constant healing effects, day and night, at work or at sleep, bring quick relief and lasting comfort. It clears the head, heals the delicate membrane of the nose and throat and KILLS THE GERMS.



Perfect comfort at work

Set B  
for Hay Fever, Rose  
Fever, and Asthma

Set A  
for Colds, Catarrh  
and Bronchitis

**\$2.00 brings either outfit on 5 days' trial and money back guarantee**

For your health's sake, order at once—don't delay.

**Breathe-O-Tol Laboratories**

1400 Broadway Dept. P. C. 6 New York

Breathe-O-Tol Laboratories,  
Dept. P. C. 6, 1400 Broadway, New York.

Enclosed find \$2 for the Breathe-O-Tol treatment.  
☐ Set B for Hay Fever, Rose Fever and Asthma  
☐ Set A for Colds, Catarrh and Bronchitis

Name.....

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Sent C. O. D. if desired

this Pullman arrangement on the market; but there is no reason why every standard make should not offer the same accommodation to persons who want it. As it is, the man who wants to sleep inside his car has to take an "upper." He spreads his bed on a kind of long legged cot, which is set high up in the attic of the car, in order to clear the immovable back of the rigid front seat. What I'd like to know is how Mrs. Smith, weighing two hundred pounds, is going to crawl into that thing or out of it.

This Pullman car that I'm talking of will have something light and rigid like the "California top," instead of the ordinary touring top. It will be light, and yet it will have the advantage of the sedan. The bedding will not have to be rolled up into an unsightly bundle when morning comes. Instead, the happy camper will merely let the air out of the air mattress, smooth out the sheets and blankets as in making an ordinary bed, and then the whole business will hoist on a light and rigid frame right up to the roof of the car, to stay there till it's wanted again.

The most wonderful thing about this car I'm telling you about will be the mechanism of the back seat. You know the mechanism of the ordinary back seat. The cushion is as big as a house and as clumsy. Well, the cushion of this back seat will have some springs and things such that when you give it a pull the whole business will rise in the air and move with just a little help to a vertical position over the back of the back seat, if you get what I mean. The English language is a terrible thing sometimes.

And that isn't all. You know how skimpy is the space under the ordinary back seat. Well, the space under this back seat will have ample cubic capacity. Deep down into it will fit a sort of a box. It will have jointed legs at each end of it; and when you give another pull, up it will come to a convenient height, making what you might call a table with a box top. And in that box will be eatables and drinkables, and one of those little vest pocket gasoline stoves, and everything else needed for the getting of a meal. You can cook it right there in the tonneau, or you can take it outside. Suit yourself. I need not add that the cooking utensils will be one of those aluminum sets where everything nests right into the biggest kettle, and the whole isn't much bigger than an ordinary opera hat.

With a dream like this in my head, you can begin to see why I always meet an automobile manufacturer with a cold and haughty stare, can't you? Why don't they come across—that's what I want to know!

But that isn't all. I'm not through making that tonneau over yet. Of course it would be a good big tonneau.

No car can get into the rating unless it is generous in this matter of leg room. Back of the front seat—the one that tips back when you want a Pullman effect, would be a receptacle, securely fastened, but easily removable in sections. I think each section would belong to a member of the party, and that it would hold clothes—not a trunkful, but enough. Most people take too many clothes along, and they put them in satchels and duffle bags and strap them on the running board. In fact, they strap everything on the running boards—which looks bad and is bad, for the reason that it puts the weight too far out from the center line of the car, where it belongs.

Naturally the pockets of the car doors would have ample room in them, and they would be so constructed that every corner of them would be accessible. All of which car door pockets in their present stage of evolution are not. This would mean doors much thicker than car doors are nowadays. Another space that could be handsomely utilized would be that under the front seat.

Of course a larger party would require a tent or some tents, and some outside beds. Well, that part of the problem has already been neatly solved by certain camp goods manufacturers. There are beds on the market, for instance, that are simply bolted to the running board, and roll up on the spot there into bundles of remarkably small bulk; and with the bed goes a tent—balloon silk, if you like, a material that protects you like canvas, weighs like a substantial grade of tissue paper, and attaches to the car like a tonneau annex.

In general the car of the future ought to be so designed that the camping outfit will be arranged in units, easily accessible units, like a wardrobe trunk. *Make a wardrobe trunk of your car*, and you'll have the unit idea to a point where, when you want a handkerchief or something, you won't have to unpack and burrow to the bottom of a huge duffle bag to find it. The duffle bag is about as far from the notion of standardized, separate, accessible units as anything could be. The duffle bag and the whole system that goes with it is not simple. It is clumsy and complex. But we shall have it till the car manufacturers make up and put their imaginations to work. I wonder who will see it first; and who will make the Gypsies say: "Give us that; why didn't we think of it a thousand years ago?"

Ho, Brother—mark it well! *This* is the patteran; this the sign by which you may follow him who knows the philosophy and spirit of the Gypsy Trail:

*Does he travel light?*

Yes?—Then he has learned to live.

D'ya ever climb a mountain? Some thrill. You'll read all about it in Physical Culture next month.



# Scientist Discovers a Skin Laxative

## Evacuates the Pores and Purges the Skin of Every Impurity in Half-Hour

By WILLIAM R. DURGIN

**WOMEN**, give thanks to Mr. McGowan—an English scientist scarce out of his twenties. His discovery means that a beautiful skin is now a mere matter of personal cleanliness; made beautiful while you wait!

After five years of experiment, an element has been found that physics one's skin. Its action is gentle, but positive. Its use is delightful, not distasteful, for it is applied *outside*. Put it on; slip into your easy chair; in less than an hour the skin pores *move*. Impurities clogging your facial pores come out as if squeezed from a tube. This flushing of the pores makes them tingle with relief and relaxation. The new bloom of color and velvety texture of skin are simply marvelous. Such is the magic of modern chemistry.

### How It Works

The scientific name of this new element is Terradermalax. It is blended into a soft, plastic clay of exquisite smoothness. Place it on the face like a poultice. Soon, you feel this laxative working on every inch of skin. In half an hour wipe off with a



M. J. McGowan, whose discovery leaves less use for skin specialists and for beauty preparations.

towel—and with it every black-head, pimple-point, speck and spot of dirt. That's all.

Terradermalax is a scientific achievement, not a cosmetic or cream. It is harmless, hygienic and helpful to the skin. Women on whom Mr. McGowan experimented daily for months, show skins and complexions of striking health and beauty.

### Not On Sale; How to Obtain a Supply

Terradermalax cannot stand indefinitely on store shelves. The active ingredient must be

fresh. The laboratory seals each jar and dates every label and supplies users direct.

Making this new material is slow work. But the laboratory fills requests for single jars (two month supply) in the order of receipt. With it come McGowan's own directions. Send no money, but pay the postman just \$2.50 when delivered. McGowan says: "Any woman whose skin and complexion do not receive instantaneous and perfectly astonishing benefits that she can feel and see, may have this small laboratory fee back without question."

So if you desire a skin of God-given purity, softness and coloring, fill out and mail this application. If you expect to be out when postman calls, you may enclose payment; same guarantee applies.

DERMATOLOGICAL LABORATORIES  
329 Plymouth Court, Chicago:

Please send two-months' supply of freshly compounded Terradermalax soon as made. I will pay postman \$2.50 for everything. My money to be refunded if the very first application does not show surprising results. (76)

(Write name and address plainly on these two lines)

(Canadian applications should enclose fee)



## Easy Swimming—The Back Crawl

(Continued from page 25)

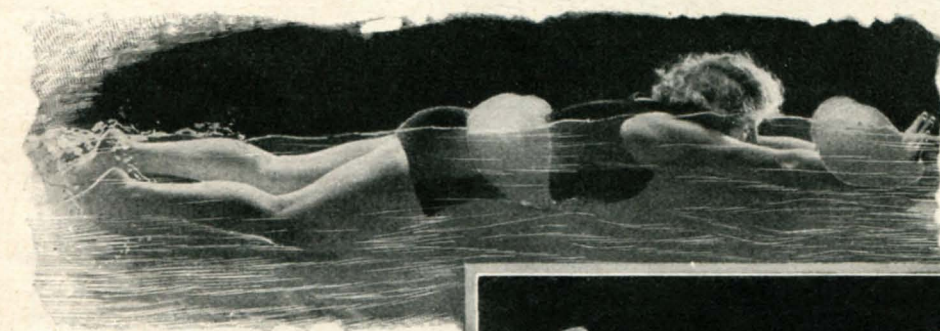
clothes on, for, while she could swim the stupid stroke in her bathing suit, she became all tangled up in her skirt when she attempted it in her full skirt. I should say, at a most conservative estimate, that enough women have been drowned in the old long skirt to people the United States. Put a man in the skirt of thirty years ago, and even though he may be a good swimmer, he will sink, completely exhausted, after a distance that he would usually consider play to swim. When we think of the dirt and filth that we

For a woman uneducated in the natatorial art to attempt to swim without a teacher is bad. The strain on her heart is tremendous, the mere holding of her breath exhausts her, let alone the unnecessary movements that an unskilled person makes.

Let us make every woman in the country robust. Gardening is certainly a very pleasant and useful method of regaining one's health, but swimming is quicker. I challenge any claims that there is a better method than swimming.

wonderful effect of this action, the enormous deep breathing, opening up the very bottom of the lungs. Take particular note of just what muscles actually perform the crawl leg thrash. In this action the feet should be kept in the water and the water should "boil" at the feet. Thus are brought into play or action the upper thigh muscles, the lower abdominal muscles, and even the psoas muscle (tenderloin). This is an action which draws up into place all the pelvic organs, thus correcting prolapsus, antversion and retroflexion.

Then, again, note the great play of movements in the upper and lower chest walls in the crawl shoulder action, as well as the splendid rotary action of the spinal vertebrae, resulting in autochiropractic actions that correct round shoulders and all manner of spinal curvatures. Let us

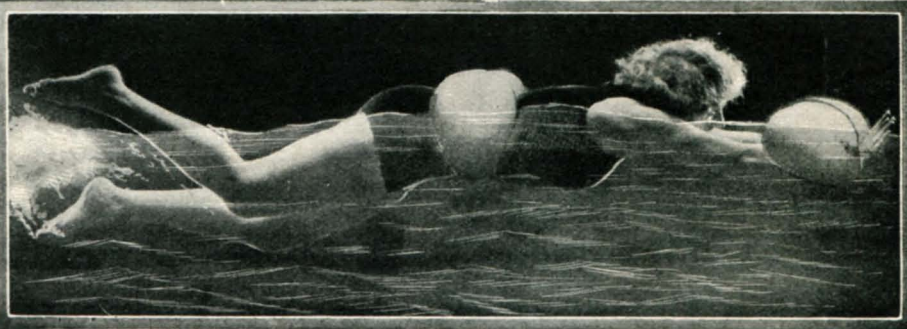


have come out of, and the perfectly vile and cruel position we have held women in, we should thank God that at last we are becoming clean minded enough to permit women to wear short skirts.

Swimming puts women into a robust condition quicker than any other exercise!

I am in no way prejudiced when I say so, and I say so from my very long experience in teaching women in universities, in Y. W. C. A.'s, and at the Battle Creek Sanitarium. At the last place, where I taught for ten consecutive summers, many women were brought out and placed in the swimming pool by attendants, far too weak to stand up, much less to take exercise. But these patients could swim all over the pool, thirty-five by seventy feet, on the back strokes, while many perfected the back crawl stroke known as the back racing stroke, the most graceful of all strokes. These invalids could not stand the strain of exercise on the perpendicular, because of the strain on the heart, but they could very easily lie down on the horizontal, in a bed of water, and, by direction, move with sufficient skill to master several strokes. Moreover, very delicate women are always very light on the water and, without exception, float easily, and thus a very slight exertion will propel them along.

Then why are doctors perpetually forbidding sick women to indulge in swimming? Because doctors, with very few exceptions, know absolutely nothing of the muscular movements required for swimming. They imagine that the unnecessary, terrifically hard exertions made by a clumsy man are typical of swimming.



This crawl leg drive practice will develop powerful pelvic organs in women, correcting pelvic weakness, such as prolapsus, antversion, retroflexion. It is splendid practice for speed swimmers in developing a strong drive, as the two pairs of water wings obstruct the swimmer and there is also no assistance from the arm drive. In my opinion the crawl stroke depends upon a powerful leg drive, even giving as many as eight or ten flutters to the two arm strokes. ¶ The illustration to the left shows the right crawl leg action which is an upward snap flutter of the leg. The knee is slightly limp. The flutter is alternate, short, rapid, snappy, narrow and shallow. Here the right leg is about to make its blow upward. The water should boil at the feet. ¶ The use of a pair of water wings placed at the waistline and another pair held in the hands greatly assist in developing tremendous leg driving power. ¶ The illustration to the right shows the downward thrash of the feet in the crawl leg action. This is the wrong way, as the water should not be struck downward with the top of the foot, but upwards with the soles of the feet. Here the right leg is about to make its blow downward. The water is pounded and splashed with the feet.

This may readily be understood if we but pause for an instant to study the feminine anatomy, and to watch the powerful therapeutic force at work when a woman gets into action on the crawl leg drive.

To center action on this detail, place one pair of water wings, at the waist line and hold another pair out far in front by grasping the narrow part of the water wings with both hands so as not to get any propelling assistance from the arm action. Now move forward through the water by leg action only, using the flutter kick, also known as the crawl thrash.

This is not a mollicoddle affair, as the strongest men in the world very quickly become exhausted by executing this detail of the crawl stroke. But notice the

thoroughly understand that there is not, in all other outdoor activities, anything to be compared to swimming as a restorative to the young woman, whether her bones are tight set or not.

And for the doctor to advise those of weak heart to abstain from swimming is the height of absurdity. A heart-stimulating drug puts a thousand times more strain on the heart than does swimming. We must remember that the heart is a perpetual motion machine which is strengthened by a rest, not by a whip, and that there is no more restful form of exercise than swimming, because it is on the horizontal.

Women must understand that while swimming might have a reducing tendency, it also has a very fattening ten-



deney. Women who wish to tear dangerous internal fat off themselves by burning it up, should sprint by the crawl, and race long distances. But if they desire to build up, they should use the trudgeon stroke and thus acquire the more restful scissors kick in the place of the crawl flutter. One can swim all day long and not get tired by the scissors kick, but the flutter kick uses up energy by causing ultra deep breathing. Lazy strokes will not reduce flesh.

As an offset to the corset evil, women will find swimming tremendously strengthening to the entire abdominal wall, those muscles becoming so strong that the use of corsets will be absolutely unnecessary. Thus internal cancers and tumors, often the result of the common practice of wearing corsets, are prevented.

Flabby tissue is rapidly replaced by solid, firm tissue of sufficient hardness to sustain an erect carriage. And everyone has noted the wonderful grace of carriage of all swimmers. This is the result of the trunk exercise involved in swimming.

Those millions of women who are at this very moment suffering from nervous prostration would be astonished at the wonderful toning effects of water, sun and air on the skin while swimming. Sun bathing is one of the pleasures of the art of swimming.

We must not forget the great benefits to the toes and feet derived not only from walking on the wet sand, but from swimming, as for the time being at least, the shoe pressure is taken off the feet, thus helping greatly to restore the toes to their natural beauty.

From the standpoint of robust motherhood, of healthy wifehood, and of physical fitness to cope with the everyday affairs of life, therefore, we should all do our best to encourage women to be strong and vital, and the very best way of attaining that is by swimming.

## Have You a Family Skeleton?

OF course, the fact that your neighbors don't know anything about your family skeleton, since you keep it carefully locked up in a closet, doesn't alter the sense of depression and discomfort in having the musty and sometimes rattling thing on the premises.

But why keep such a thing in the house? Why not throw it out, or cart it away some night and bury it? For fear your neighbors will see it?

Anyway, you will want to read the story of how one woman hid her family skeleton and took good care of it, not because she was afraid the neighbors would see it—though that might have had something to do with it—but because she did not wish her children to see it.

We wonder how many would have done—how many are doing—as she is doing? Is she noble, or is she foolish, or both? It's a wonderful story just the same. Read it in *PHYSICAL CULTURE* next month.



MRS. S . . . walked into one of Cleveland's leading stores and saw a strange sight—a lady in one of the aisles was applying a bluish gray pack to her face which held the earnest attention of a large audience of women.

Here is what she said—

"You apply this classic pack with the finger tips and cover the entire face. Don't rub or massage—simply apply. Then sit or lie down for a rest. Within five minutes you will experience a tingling, invigorating manipulation of the facial muscles.

—The action of this wonderful pack doing what no hand can do.

This imported classic material is mixed with the finest balsams produced by the East Indies which act directly upon the thousands of pores of the face.

The pores absorb these balsams from the classic pack, drinking them in like a sponge drinks in water.

This dries the pack rapidly and the liquid portions penetrate to the bottom of the pores, cleansing them as never before and removing blackheads and pimples, and also closing the pores in a natural manner.

With the cleansing of the pores, pimples or blackheads (which are merely miniature volcanoes or eruptions from the pores) are removed.

While this is going on beneath the skin, the classic pack is doing its beautifying work on the surface, clearing the complexion, lifting out the lines and giving a rare, velvety smoothness to the skin, through which an unusual natural color radiates.

The combined action of the liquid balsams with the classic material acts on the facial tissues, rebuilding and remodeling them to a youthful contour. It sets to work on sunken cheeks, droopiness about the eyes, the cheeks, or beneath the chin, thus, this pack is doing these several things at the same time.

The name of this classic pack is "Boncilla Beautifier."

As soon as dry, which requires about thirty minutes, the Boncilla Beautifier pack is removed with warm water or tepid wet towel and followed by an application of Boncilla Cold Cream.

Should you be going out on the street, follow the Cold Cream by an application of Boncilla Vanishing Cream—then that delightful, clinging Boncilla Face Powder.

The above four form the world famous "Boncilla Method" facial treatment.

The results from the use of this

Method are so sure, that they are guaranteed by the manufacturer to give satisfaction to any purchaser, or money refunded.

For those who desire to be above the commonplace, to make the most of their own natural, latent beauty, the coupon below offers the opportunity of securing the complete Boncilla Method for use in your own home.

Boncilla treatments are given in beauty parlors. Read here what Beauty Specialists think about Boncilla.

Madame Gebro, of the Orchid Beauty Shop, Chicago, writes:—

"I have been using your Boncilla Method of facial treatment almost exclusively for one year, both for myself and clientele and can frankly say that personally I would use no other.

"A Boncilla facial once, means a regular Boncilla patron for myself, and my patrons all agree that the results are wonderful and lasting.

"Also a word concerning both Cold and Vanishing Creams and Face Powder. I really don't think any better articles could be produced; in fact, I am a Boncilla Booster."

Maison George, beauty specialist, Chicago, writes in to say:—

"We use Boncilla on some of our most particular customers and find it does all that it is claimed to do."

Most dealers sell Boncilla, but if yours cannot supply you immediately, fill out the coupon below.

Send no money, but pay the postman \$3.25 when he delivers the Ideal No. 37 Set. If you are not satisfied with your improvement after using this Set, return the empty containers and your money will be refunded.

This set consists of a large size tube of Boncilla Beautifier, full size jars of Boncilla Cold and Vanishing Creams and a box of that exquisite Boncilla Face Powder, with full directions for use.

If you are likely to be out when the postman comes, enclose your remittance with this coupon.

**BONCILLA LABORATORIES**  
443 E. South Street  
Indianapolis, Ind.

Please send me your Boncilla Ideal Set No. 37. I will pay postman \$3.25 when he delivers it. It is understood that if I am not satisfied with results, I may return containers and you are to refund my money.

Name .....

Address .....

P.C. City..... State.....

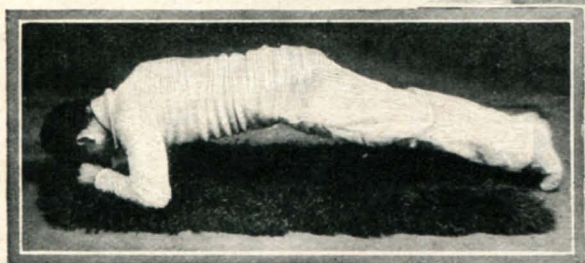


## Exercises Easy on the Heart

(Continued from page 53)

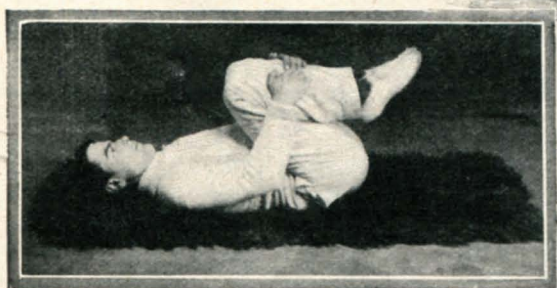
which will be found a pleasant rest after the exertions of the last movement. Its action is upon the muscles situated on the outside of the thigh, but more particularly on the tensor fascie femoris, a little below the hipbone. It also strengthens the muscle known as the external oblique just above the hip. A glance at Photo 5 will explain the movement. It is only necessary to raise the leg a few times to the position shown, to experience a speedy tiring of the muscles named above.

**FOR ROUND SHOULDERED PEOPLE.**—How often we hear the remark "Do stand up straight, boy!" And for a few minutes perhaps the poor unfortunate boy does stand up straighter, only to fall back into his old attitude of round-shoulderedness the moment he is



Exercise 7  
Photos 10 and 11

unobserved. The fault is not altogether the boy's. Very probably the muscles that support his shoulders are weak, and it would be kinder to put him through a movement like



Exercise 8  
Photos 12 and 13

this shown in Photos 6 and 7 than to be constantly grumbling at him for standing so badly. Exercise 4, whose simplicity is one of its advantages, is undoubtedly a fine corrective movement for round-shouldered people. In practising it, turn face downwards upon the rug and stretch out the arms in the form of a cross as shown in Photo 6. This is the first position. Then lift the head well up, and breathe in, raising the arms as high as possible as in Photo 7. Return to the first position breathing out. Care



Exercise 5, Photo 8  
(above)



Exercise 6, Photo 9 (above)



must be taken when doing this movement never to allow the arms to depart from the "cross" attitude.

**A GRACEFUL NECK.**—Exercise 5, Photo 8 is a movement calcu-

lated to rouse the interest of thin-necked people. Nothing conveys such an impression of weakness and puniness as a thin and scraggy neck. One of the beauties of Greek statuary is the perfect development of the neck muscles seen in all gladiatorial works of art—like nothing so much as a column. That is the perfect neck; a column straight and massive in a man, more slender, yet firm and rounded in a woman. And to obtain this, Exercise 5 must be practised.

Place yourself in the position shown in Photo 8, turning the face to the right as far as possible. Then reverse the movement, turning the face to the left.

Continue this movement from side to side *slowly*, being careful to keep both shoulders squarely upon the floor. The action of this exercise is upon the two sterno-cleido-mastoid muscles, one on each side of the neck. Their function is to turn the head from side to side, as, for instance, when you look over your shoulder. In addition to improving the machinery for moving the head, brain-workers will find this exercise promotes a freer and more perfect circulation between the head and the heart, thus ensuring a more vigorous brain action. Be careful never to perform this, or any other exercise, jerkily, for by so doing you are liable to wrench and strain the ligaments and muscles involved.

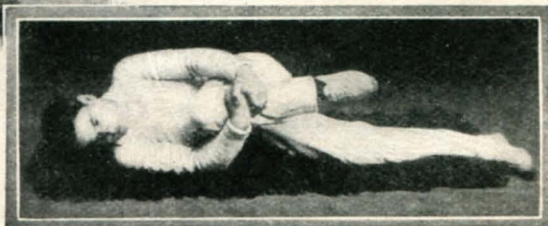
**THE QUADRICEP MUSCLES.**—To allow the neck a rest we can now turn our attention to the thighs. Exercise 6, Photo 9. This movement, like the last one is carried out flat on the back.

(Continued on page 72)



Exercise 9,  
Photo 14 (above)

Exercise 10,  
Photo 15 (at right)





# A LIFE-PROLONGING DISCOVERY

By C. H. Woodward

**F**OR thirty years an incurable disease ravaged the people of the Federated Malay States taking its toll of 45,000 lives according to reliable estimates. It has become one of the scourges of the tropics, and in Japan, China, India, the Philippines it has been a long standing evil.

"Few events in pathology," says the Encyclopedia Britannica Year Book for 1913, page 166, "during late years, have been more notable or more happy than the discovery of the cause of this endemic disease. Beri-beri, a form of peripheral neuritis, with loss of muscular power, emaciation, and exhaustion, has been one of the scourges of the tropics.

"Working on the lines suggested by C. Hose and Braddon, they (Fraser and Stanton) traced the cause of the disease to the use of 'milled' rice, i. e., rice which has been 'polished' by the removal of its husk and outer layers. Fowls or pigeons, fed on polished rice, quickly showed signs of the disease; but if the polishings of the rice were added to their food they quickly recovered."

And so they found the cause of this seemingly incurable malady in their food supply. It was not a question of "pure" or "impure" food, but a question of demineralized denatured, devitaminized food.

Quoting from the same source: "President Taft, speaking on May 4, 1911, of the American occupation of these islands (the Philippines) said: 'The change of their food from polished to unpolished rice has practically stamped out the disease.'"

Today, no one can have beri-beri who will simply use natural foods—natural unpolished rice for instance.

Is it not reasonable, logical and scientific to seek for the cause of other disease, or, perhaps even all our disease, in our refined food supply.

And would it be any more unbelievable, or any more astounding, to find it there, than it was to find it in one of the chief denatured foods of the oriental people?

Our chief food is not rice, but it is wheat.

And wheat has been more denatured and refined for us than rice was for the people of the tropics. It has been debased, fractionated, milled, denuded, demineralized, devitaminized, and if that would make the use of denatured rice a cause of disease, why will it not—why has it not—made the use of denatured wheat a cause of disease?

As Alfred W. McCann has so aptly said: "Foods Build, or Destroy." There is no half way ground. They build, or they destroy! Wheat enters more completely into the daily food supply of every human in America than any other single substance, and it enters it only in a denatured form. Its use is almost as universal as water and air, both of which, by the way, we are careful and anxious to have and keep in their natural form.

So, in seeking the cause of one disease, in the refinement and denaturing of wheat, and attempting its correction by the use of wheat in its natural form, a discovery has been made that is vital and far reaching to every individual of the human race.

This great discovery was not premeditated nor even dreamed of in the beginning. Its realization came, like most other important discoveries have come, unexpectedly and unlooked for. It is perhaps a little too early to say definitely, as yet,

that it appears to be a panacea for all chronic disease as well as acute disease prevalent among wheat-eating nations. This could not be apparently true except for the fact of the practically universal use of wheat in its denatured form as a part of every meal every day for every one of our people.

Yet, for five years, this discovery has been proving its efficacy in correcting a wide range of human disorders and adding so steadily to the list that its producers are constantly asking themselves: What will it do next?

Sober scientific thought and investigation are leading steadily to the conclusion, as recently voiced by Robert McCarrison, M.D., D.Sc., LL.D., of Oxford, England, in the Journal of the American Medical Association: "I must confess with these examples before me I find myself in accord with Hinshede, who affirms—and on unequivocal evidence—that the two chief causes of disease and death are food and drink."

This new discovery of the oldest of human foods consists of merely having discovered how to cook wheat without disturbing its mysterious "balance" of its combined mineral substances, or the destruction of its vitamins. It has never been done before with any natural food.

But that discovery, merely as an achievement, fades into utter insignificance, before the vaster discovery which grew out of and depended upon this method of cooking a natural food so that it remained natural, namely: that this natural food has corrected not merely overweight and intestinal stasis, thereby preventing or at least tending to prevent, diabetes, which was the goal of the achievement as originally intended, but that it has corrected altered function of many of the organs of the body—and you know disease has been defined to be "merely altered function."

Asthma, goitre, tuberculosis, palsy, constipation, high blood pressure, stomach disorders, nervousness, under-growth, underweight, have yielded in specific instances to its regular daily use as a food or as a part of the diet of the afflicted individual. Nursing mothers have found a restoration of their milk supply when they added it to their diet. Anaemic sufferers have found a prompt improvement of their condition, even those of years standing when it was added to their daily food. Cloudy, pimply complexions have cleared up when it was used twice a day with or without other food, and vigor and vitality have come back to tired, worn-out, nervous sufferers who have used it regularly.

Nothing is susceptible of proof to one who is minded to deny, but death and disease are not respecters of person. They appear in you whether you believe or disbelieve. Few people there are who are not constipated. Constipation is not permanently corrected by anything but a balanced supply of all the mineral and vitamin elements of nutrition plus the essential bulk element. Whatever means you use to combat disease, and fight your way back to health, you must eat—must have food every day, or at least every few days. Why do you require food? To replenish the mineral elements in the blood stream which are used up by the life processes. Can you replenish these elements

if they are not present in the food you eat? No, and you cannot be certain you are getting these sixteen minerals and chemical elements in their necessary and essential balanced combination from denatured wheat or its product: and natural wheat is not readily eatable so as to make available to you all its supreme nutritional effects unless it has been cooked by the method we control and which is embodied in our product **Whole Grain Wheat**, the new natural food discovery.

This food is now being made available to you and to everyone everywhere, and is sold under the trade name of **Whole Grain Wheat**. It is natural wheat, cooked ready to eat as it comes from the hermetically sealed sanitary tin, deliciously palatable, sweet as a nut, with nothing added and nothing taken away or lost thru oxidation, distillation, or evaporation, and for the first time in all the ages since man began to use wheat, gives it to you in its supreme nutritional effects. **Must not be cooked.** Many pleasing ways of serving it. Essential as air and water to every being, young or old, who wishes to be healthy and normal.

Send to **Whole Grain Wheat Co.**, 1924 Sunnyside Ave., Chicago, Ill., \$2.00 for one doz. ten oz. tins, a three weeks' supply, by parcel post; west of Denver, \$2.65; or better still send \$7.20 for four doz.; west of Denver, \$9.60, all charges paid. Canadian Address, 26 Wellington St. E., Toronto, Ont. **Because it is guaranteed to reduce your meat and grocery bill it is not sold thru any grocery store.** Order direct until an authorized distributor is appointed in your community. Energetic men and women are establishing themselves in a dignified, profitable and ever growing business selling **Whole Grain Wheat** direct to the consumer in their community. Must be of good character and able to supply customers promptly. No one employed until he or she has proved on themselves the marvelous effects of this new wonder-food. Send for a four dozen case and prove it on yourself. Sold under the broad guarantee that if eaten twice a day for thirty days and the user is not physically and mentally improved (the user is the sole judge), we will refund the purchase price without argument, and that guarantee is backed by a \$5,000,000 corporation. You may know of some one who wishes to establish himself or herself in connection with an institution that is more than a mere commercial business and that is becoming world-wide and growing at a tremendous rate.

**Seven unsolicited letters** from those who have fought or are fighting their way back to health, or from someone who has seen the fight, are given below with the name and address and the challenge that confirmation may be had by anyone who so desires. They are taken from hundreds of such letters which are constantly coming and have been coming for five years.

"I have been paralyzed and inactive for the past four years and had taken medicine every day during that time, until three months ago when I began using **Whole Grain Wheat**. Since that time I have not taken a dose of medicine, I feel like a different person, and cannot recommend **Whole Grain Wheat** too highly."—John J. Bradley, Huntsville, Ala. Any Huntsville reader can confirm this.

"I started in using **Whole Grain Wheat** (Continued on page 72)



(Continued from page 71)

about November 25, 1921. At that time I was suffering from that tired, worn-out feeling, lack of energy, always fatigued, even after a long night's sleep—more tired in the morning than on going to bed. And this was my condition until I commenced to eat **Whole Grain Wheat**, not once a day, but three times a day, for the last two months. It has put more pep into me than any food I have ever eaten in my life, and I feel like a new man. Work is just play to me now, and I never felt the joy of living more in my life than I do at this moment, although I always had an abundance of all the other foods, but they did not give me the nourishment my body required, and **Whole Grain Wheat** is the whole secret."—Frank Weigel, 1401 Crane Ave., Detroit, Mich. Detroit readers telephone Mr. Weigel (Hickory 2004) and confirm this.

"Ever since my boyhood I suffered and was troubled with constipation. I used to have to take salts, pills, Pluto water, or some physic every ten days or so. Ever since I started to eat **Whole Grain Wheat** I have not looked at salts, pills or anything, and my bowels have moved regularly and I feel better every way, blood, complexion and all. Well, 100% better every way."—F. J. L. Burns, R. R. 1, Box 153, Mobile, Ala. Skeptics can confirm that too.

"Was suffering from high blood pressure, stomach trouble and nervousness but I feel like a new man since I began to use **Whole Grain Wheat**. Have used it six weeks and do not want to be without it. Enclosed find \$2.00 for a quarter case."—Patrick Hogan, R. 2, Box 102, Peoria, Ill. Ask Mr. Hogan about this.

"I would not take all the money in this State and go back to the condition I was in five months ago. I had been operated on for my stomach; got only temporary relief. Doctored with specialists; and **Whole Grain Wheat** has cured me. If I should get so poor as to have only fifteen cents a day I will invest it in **Whole Grain Wheat**."—D. T. Herlehy, Glassport, Pa. Ask him about it if you doubt it.

"I am a practical nurse, but have been obliged to remain at home since September to care for my little mother, who has been suffering from effects of high blood pressure, etc., it was thru her ailment that I was attracted to your advertisement in January, at which time I sent for a trial order and I am so enthusiastic over the results obtained, not alone for her ailment, but the benefits I have obtained myself from the results of chronic constipation."—Name on application. Syracuse, N. Y., Feb. 13, 1922.

"**Whole Grain Wheat** worked almost a miracle in the case of a lady here in my community. She was a nervous, run-down wreck; jaundiced, under-weight and hopeless. In fact it was thought that she would live only a few months longer. It would do your heart good to see the way she is getting back to a happy 'normalcy.'"—E. J. Hill, 315 Heights Blvd., Houston, Tex. Houston readers can confirm this by telephoning Mr. Hill, Taylor 2204.

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<input type="checkbox"/> 2 doz. delivered 4.00	<input type="checkbox"/> 2 doz. delivered 5.30
<input type="checkbox"/> 4 doz. delivered 7.20	<input type="checkbox"/> 4 doz. delivered 8.60

Name.....

Street or R. F. D.....

City or Town..... State.....

(Continued from page 70)

It consists of raising each leg alternately, taking care to keep the leg straight at the knee, and the toes pointed. The muscles brought chiefly into play by this exercise are the quadriceps muscles on the front of the thigh, the lower portion of the rectus abdominis, and obliquus abdominis (lower part of the abdomen). The movement should be continued until the muscles are tired.

**FOR MEN ONLY.**—Exercise 7, Photos 10 and 11, is extremely useful to those who wish to strengthen the anterior muscles of the body. It has a marked effect upon the thighs and abdominal muscles. First, take up the position shown in Photo 10. From this attitude raise the body to the position seen in Photo 11. Then lower it again slowly to the first position. Continue till the muscles ache. This exercise is intended only for men.

**FOR DYSPETICS.**—Exercise 8, Photos 12 and 13, is splendid in cases of constipation, and dyspeptics are recommended to practise it both night and morning. It tells upon the abdomen in two distinct ways, first by bringing into play the muscles that raise the knees, second by the pressure of the thighs upon the lower portion of the abdomen. Take up the position shown in Photo 12, and from this bring up the knees to the position shown in Photo 13, breathing in. Then grasp the knees with the hands and pull them down upon your chest. This final pull presses the broad part of the thigh firmly upon the abdominal regions, thus acting as a form of massage. Then return to the first position, breathing out, and repeat till the lower abdomen tires.

**STRENGTHENING THE SPINE.**—Exercise 9, Photo 14, acts upon the rotator muscles of the spine, and helps to make the spine strong and supple. In addition it strengthens the muscles situated round the waistline. Lie on the back and clasp the hands firmly together, taking them as far over to the left side as you can while turning the upper half of the body in the same direction. Then reverse the position towards the right, and continue reversing from side to side till tired. At no time during this exercise must the hips be allowed to leave the floor.

**OF INTEREST TO WOMEN.**—The last movement given in this series is shown in Photo 15. It is calculated, like Exercise 8, to prove of benefit to those suffering from indigestion, and has also a special interest to women, the steady practice of it tending to improve the shape of the hips. In addition it is an exercise that brings very little strain upon the performer, and may therefore be safely practised by the weakest. Lie on the right side with the legs perfectly straight and from this position bring up the left knee until it can be grasped by the hands and pulled well up to the chest. Then release it and return to the first position. Continue

(Continued on page 74)



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State.....

(Continued from page 72)

this movement a few times, then turn on to the left side and go through the movements with the right knee.

**A FEW RULES TO FOLLOW.**—Home exercisers are often puzzled by many little details such as "how much to do," "when to exercise," "how soon after a meal," "how to know when overdoing it," and so forth. Here are a few words of advice on these points. In the matter of "how much to do" it is well to make a rule never to continue a movement when once the breathing is distressed, or the muscles involved become painful. These are nature's danger signals and should never be disregarded. In the first case, a short rest, and in the second case a change of exercise will be sufficient to put things right.

Any time is right to exercise provided, however, you do not do so within an hour and a half, or two hours, after a meal. Delicate people should never do too much before breakfast.

With regard to the matter of overdoing the exercises there are certain infallible signs which you cannot fail to recognize. For instance, if you find that after exercising you feel shaky and quivery, it is not improbable that you have been overtaxing your heart. Or if you find that you sleep worse instead of better, that your appetite is capricious and that—surest sign of all—your muscles show no signs of strengthening but of wasting, then there can be no doubts on the subject, and you had better cut down the amount of exercise at once. Over-indulgence in exercise is as bad as over-indulgence in any other form. The first thing to remember is moderation.

## To Be Happily Married Is to Be Healthfully Married

WE understand that years and years ago somebody or other wrote a book, which by the way we have never seen, with the clever title, "How to Be Happy Though Married." One might paraphrase the title to read, "How to Be Healthy Though Married," since unmistakably Happiness has so much to do with Health.

Of course you can't judge from the fact that married people live longer. For it isn't that it only seems longer—as every jokesmith says—they actually do live longer. But this may be because the kind of people who marry are fundamentally more vigorous.

Anyhow, this question of happy marriage has so much to do with health that you will value the article by Dr. Havelock Ellis in *PHYSICAL CULTURE* next month on "Some Difficulties of Marriage," including some suggestions as to why married couples fight.

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*Remarkable new secret brings beauty to the complexion without cosmetics, without creams, lotions, ointments, or any expensive treatments*

**N**O longer need anyone endure the humiliation of a blemished, unsightly skin. No longer need any one suffer the embarrassment of an unattractive complexion. Now at last the secret that has baffled skin specialists for years has been discovered! This amazing new secret clears up the skin almost like magic—and without the least bit of trouble or discomfort!

This new way to clear up the skin is entirely different from anything you have ever tried before. It does not *cover up* the blemished skin but softens, clears and beautifies it. It gets down to the very cause of pimples and eruptions and completely removes it. Most people find that their skin clears up in a day or so. Some see results sooner than that. All who have tried this remarkable new secret have cleared up their skins and beautified their complexions.

To Eugene Christian, world-famous food specialist, belongs credit for this important discovery. For years he conducted extensive research and experiments in an effort to find the secret he knew would clear up the skin almost at once. He realized that there must be some one vital law of skin culture upon which the whole secret of a perfect complexion is based. Otherwise, why would one woman who ate all the sweets she liked and neglected the care of her skin have a beautiful complexion, while another woman who denied herself sweets and took very good care of her skin have an ugly complexion?

It was to discover this secret—this natural law—that the famous specialist devoted years of his life. And after the important discovery was made, he himself was amazed at its unusual, almost startling, powers.

## Hidden Beauty in Every Skin

Beneath every dull, rough, sallow complexion there is a hidden beauty. Beneath all pimples and blackheads there is a soft, smooth skin that is being stifled, covered up. But through the remarkable new discovery, these disfiguring eruptions are cleared away "almost while you wait" and the natural beauty of the skin is revealed in all its loveliness!

Please bear in mind that Christian's wonderful discovery is not a new powder, or a new cream, or a new "treatment." It is entirely new, entirely different. There is nothing else like it. It is the only *sure* method of quickly gaining an attractive complexion. Nature did not intend people to have unsightly, blemished complexions—and Christian has discovered the way nature prevents it. He has discovered the simple, natural law which brings the beauty of the hidden complexion to the surface.

Girls and women who have suffered for years from pimpled, rough and unattractive complexions, who had to wear heavy veils and who stifled their natural beauty under powders and creams and lotions, are amazed at the sudden change in their skins. The pimples dry and disappear. The skin becomes soft and smooth. The hidden natural beauty appears almost while they watch for it!

Men with dry or florid complexions, whose skin became rough and sensitive after shaving, who were placed at a disadvantage both in business and socially because of their blemished complexions, are delighted at the remarkable change effected by the new discovery. The smooth, healthy glow of youth returned with miraculous rapidity. Their skin cleared as if by magic.

## The Discovery Explained

The whole secret of this marvelous new discovery of skin beauty is based on one simple,

natural law which anyone can follow with comfort and ease. There's nothing complicated about it; no bother or fuss whatever. It's just one easy-to-follow little law that shows results almost at once and that you will have no difficulty at all in following.

Everyone knows that the condition of the skin is entirely dependent upon the condition of the blood. And the condition of the blood depends, of course, upon what we eat. Christian made the remarkable discovery that certain foods, when eaten together, cause toxins to form in the system which are then carried through the blood to the face and there erupted in the form of pimples and blemishes; while the very same foods, eaten at different times and in combination with other foods, actually absorb these toxins and cause the skin eruptions to dry up and disappear! It's the simplest thing in the world—a quick, natural process that takes care of itself and causes no effort or discomfort on your part.

Think of it! Instead of denying yourself things you would like to have, instead of covering up your skin and clogging your pores with expensive powders, creams and lotions—you actually *eat away* the blemishes that have made your complexion unattractive! You can do pretty much as you please, eat many of the foods you may now be denying yourself—but if you just follow this one simple new natural law, your skin will quickly clear up and the hidden beauty of your complexion will come to the surface. And you will feel keener, brighter, healthier than ever before.

## Test the New Discovery at Our Risk

We want you to try this new secret of skin beauty. We want you to see for yourself how perfectly amazing it is, how totally different from anything you have ever tried or even heard of before. And so we are willing to take all risk in having you try it in your own home. It will not cost you one penny if it does not accomplish exactly what we say it will.

Just see how simple the whole thing is! You eat two foods together and a certain toxin, or self-poison, is formed which causes new pimples, new blemishes to appear on your skin. But you eat the same two foods at a different time, perhaps in combination with other delicious foods you enjoy—and not only will they be properly digested and assimilated in the body, but they will actually absorb the poisonous toxins and clear the skin of all eruptions. Skin specialists and scientific experts have been searching for this very secret for years.

At first, the secret of Christian's discovery was confined to a limited circle of friends, acquaintances and medical contemporaries. But the news of its marvelous accomplishments spread so rapidly, and the demand for it grew in such tremendous proportions, that the famous specialist was prevailed upon to publish it for general distribution. He has incorporated all the amazing food revelations, all the startling facts of his discovery into the form of five highly valuable, extremely interesting books in the form of a course called "Beautifying the Complexion by Scientific Eating" which



*You can have a complexion as soft and smooth and pretty as a child's, through this wonderful new discovery*

anyone can follow with ease. This course will be sent to anyone sending the coupon below to Eugene Christian.

## No Money in Advance

Test this splendid new discovery in your home. Watch your own skin quickly clear up and become beautiful. You have always wanted to know the secret of a perfect complexion—the reason why some people are able to keep their skin as soft and smooth and delicately colored as the petals of a lily. Here is your chance, not only to find out the secret of skin beauty, but to make your own complexion as beautiful as you could wish it to be.

Send for "Beautifying the Complexion by Scientific Eating" today. Just the coupon—no money. When it arrives, notice the condition of your skin. Then put the course to the test. And notice the big change—almost while you wait! Why, it's absolutely amazing! And when you achieve perfect beauty of complexion, when your hidden beauty is revealed in all its charm and youthfulness—you will be able to keep it that way permanently through this new discovery.

When the complete five-lesson course is in your hands, give the postman \$1.97 (plus postage) in full payment. Now the course is your property. But if, after 5 days, you are not delighted, if you do not feel that the new discovery has done what we said it would, simply return the course and your money will be promptly refunded. *If you wish, you may send money with coupon.*

But quick action is very important. It may be necessary for us, because of the steadily increasing demand for Christian's course, to withdraw our unusual no-money-in-advance offer. A great many will have to be disappointed. Be sure that you do not miss your set—mail the coupon *now*. Remember—no money in advance—just the coupon! Eugene Christian, Corrective Eating Society, Dept. B-276, 43 W. 16th St., N. Y.

*If you prefer to write a letter copy wording of coupon in a letter or on a postcard.*

**EUGENE CHRISTIAN,  
Corrective Eating Society,  
Dept. B-276, 43 W. 16th St., N. Y.**

Without money in advance, please send me Eugene Christian's complete course "Beautifying the Complexion by Scientific Eating." I will pay the postman \$1.97 (plus postage) on arrival. If I am not satisfied I have the privilege of returning the Course within five days and you will refund my money.

Name.....  
(Please write plainly)

Street Address.....

City.....

State.....



# Curing with Water

(Continued from page 32)



Self - application of a spinal pack.

ready scalpel to forcibly remove the inflamed organ—tonsil, appendix, kidney, ovary, or what not, through which nature is seeking an outlet for the poison which has been diverted from its proper eliminative channel. This last finds a fitting analogy in the plumber employed to improve the sewerage of a house, who, instead of cleaning out the drain pipes, would remove them bodily from the building. Any plumber guilty of this stupidity, would not only lose his job, but his license and his "union card" as well; but "eminent surgeons" may practice it with impunity, maiming and slaughtering without let or hinderance, because of the popular ignorance and sloth which prevents the average individual knowing anything else to do in a crisis except to "call a doctor."

The difference between Nature's curative processes and the remedies of meddling practitioners, is the difference between elimination and suppression. A fact which many persons find it very difficult to grasp, is, that most acute diseases are self-limiting, and will cure

trouble; or who inject bacterial poisons into the venous circulation to destroy the bacteria already there before they have finished their appointed task of consuming the toxic matter which called them into being; or, most stupid and wicked of all, who bring the dexterous and ever

themselves if let alone; and even the chronic, so-called "incurables" get along much better after they give up "going to the doctor" or using his remedies.

"But people do die of acute troubles," you say, "even without the doctor's assistance." True, though not so often without it as with it. If the toxic encumbrance is too great, and the vital force too low to grapple with it single handed, then Nature does need help; but only those external agencies will be helpful which operate along the same lines as the natural processes, never in opposition to them. Thus a fever running too high, may be



The spinal pack, hot or cold, is a powerful constitutional stimulant, and capable of arousing vigorous response of the entire nervous system. A hot spinal pack is effective in lowered vitality or weakness. Alternate hot and cold spinal packs may be used for exceptionally vigorous reaction.

lowered a degree or two and kept below the danger line, without interfering with its natural orderly course and cleansing process to the "healing crisis," which alone insures a complete recovery. And the element best adapted for keeping bodily temperature within safe boundaries, is water, applied both internally and externally.

From the earliest times, practitioners of the healing art have partially recog-



A method by which one may secure a sitz bath in an ordinary bath tub. A cold sitz bath is extremely invigorating. The hot sitz bath is invaluable for relieving pain and inflammation.

nized the therapeutic properties of water. The so-called "fathers of healing," Pythagoras and Hippocrates, used it in connection with rubbing, for

spasms and diseases of the joints—gout and rheumatism. Galen gave water the highest place in his list of remedies. The famous Arabian physicians of the Middle Ages, Rhazes (923) and Avicenna (1036), recommended the use of cold water in fevers, measles, small-pox and diarrhea. A significant fact in this connection, cited by Metcalfe in his History of Hydrotherapy, is that "about this time the Arabs were prosecuting their researches in chemistry and pharmacy, resulting in the introduction of many new drugs, and the neglect of water treatment, which judged by the

consequences was not to the advantage of patients."

Metcalfe relates that "here and there in the medical history of Europe, occurs the name of a doctor who advocated water-drinking, bathing, or swimming, to preserve health and cure disease, but no one of prominence until the beginning of the Eighteenth Century, when Sir John

(Continued on page 78)



Showing the application of a compress or neck pack, either hot or cold. Invaluable in throat trouble.



Showing the application of a wet abdominal pack to be covered with dry Turkish towels or blankets. When hot this is a great vital stimulant. Cold it serves to control temperature.



These two photographs illustrate the method of applying a wet sheet pack, the sheet being first placed over a blanket, then wrapped around the patient in the manner shown, the final covering, as in the next illustration, being one or more blankets enveloping the patient sufficiently to promote bodily warmth. A wet sheet pack is a powerful eliminative treatment.





# New Discovery Explains Why Hair Turns Gray

**Science Shows How Any Man or Woman Can Now Quickly Restore Hair to Its Own, Original Color**

**G**RAY hair is simply hair without color! Science has discovered that if a certain natural process in the root were not affected by worry or by advancing age, the hair would never become gray, but retain its natural color throughout life.

A remarkable new discovery now makes it possible for the original color of the hair to be restored quickly and easily through a simple, natural process. Hair acquires its color (blond, black, brown, auburn, etc.) from the presence of coloring matter or pigment in tiny cells found at the root of the hair. This coloring matter is given off at the tip of the papilla, enters the root, and is dissolved in tiny corpuscles in the middle layer of the hair. The process is known as pigmentation. (See diagram.)

## Gray Hair Not Always a Sign of Age

Gray hair, which is regarded by many as an indication of approaching age, is simply due to the absence or loss of pigment in the cells. That explains why one woman may be gray at thirty while another retains the lustrous color of her hair until extreme old age.

As long as the process of pigmentation continues, the hair remains black or brown or whatever the original color happened to be. But as soon as this process is affected by advancing age, or by shock, worry or illness, the pigment supply lessens or fails—and no coloring is sent up into the hair. The result is that the hair becomes streaked with gray. This gray does not indicate a change in color. It indicates an absence of color, and unless this condition is corrected, the hair will soon become entirely gray.

## The Only Way Color Can Be Restored

There is only one natural way to restore hair to its original color—and that is by stimulating the cells of pigmentation so that they function properly and supply the hair with the natural coloring matter.

The ordinary hair "restorer" is a dye or tint that merely colors the gray hair artificially. It makes the hair coarse and brittle and the artificial color gradually wears away. But Tru-Tone actually strengthens and nourishes the pigment cells so that they once more supply the hair with natural coloring matter.

## Wonderful for Thin Falling Hair Guaranteed Harmless

It was only after countless laboratory tests that Tru-Tone was discovered. It is a pure, delicately scented powder that you dissolve in water. It is positively harmless and will not injure the delicate hair. In fact, Tru-Tone will make your hair glossy, thick and beautiful at the same time that it restores it to its natural color.

Tru-Tone is not a dye, or a stain, or a tint. It does not act on the hair at all but on the tiny pigment cells that supply the hair with color. These cells can supply the hair with only one color—and that is the natural color. If your hair was auburn originally, Tru-Tone will restore it to its auburn color. If it was blond, brown or black Tru-Tone will restore it to the exact shade and lustre it had in youth.

## Guarantee Backed by Million Dollar Bank

This guarantee from a Million dollar bank protects every user of Tru-Tone.

### State Bank of Philadelphia

S. E. Cor. 5th, Passyunk Ave. & Bainbridge St.  
Phila., March 4th, 1922

### TO WHOM IT MAY CONCERN:

This is to certify that DOMINO HOUSE has deposited in this Bank Ten Thousand Dollars. Out of this special fund this Bank is authorized and does hereby guarantee to return to any customer of DOMINO HOUSE the total amount of his purchase at any time, within thirty days, if the goods purchased are not entirely satisfactory in every way, or if DOMINO HOUSE fails to do as it agrees.

Very truly yours,

*W. W. Wrauschoff*

President.

## Special Introductory Offer

Nothing can so thoroughly convince you of the wonderful power of Tru-Tone in restoring the hair to its natural color as trying it. That is why we are making the very special offer.

If you will fill in the coupon and mail it to us at once, we will send you a full-size carton of Tru-Tone. Don't send any money. And

don't send a sample of your hair—Tru-Tone acts alike on all hair; it restores it to its own natural color. Just send the coupon—but be sure to do it at once.

## Mail Coupon Now!

When the postman delivers Tru-Tone to your door, give him only \$1.45 (plus postage) in full payment. This is a special introductory price—Tru-Tone ordinarily sells for \$3.00. You may send money with your order if you wish. If after a fair test you are not delighted with results, if Tru-Tone does not restore your hair to its original color, simply return what is left of it and your money will be refunded at once.

Clip the coupon and mail it now, before you forget. Bear in mind that this is a free-proof offer; the test of Tru-Tone need cost nothing if you are not absolutely delighted. Act NOW! Domino House, Dept. T-226, 269 South 9th St., Philadelphia, Pa.

### Domino House, Dept. T-226

269 South 9th Street, Philadelphia, Pa.

You may send me a \$3.00 carton of your Tru-Tone. I will pay the postman \$1.45 plus postage. Although I am benefiting by the special introductory cut price, I am nevertheless purchasing the first carton with the absolute guaranteed privilege of returning it after a fair trial and you agree to refund my money if I am not delighted with the results in every way. I am to be the sole and only judge.

Name.....

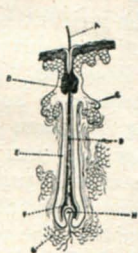
Address.....

City..... State.....

If you wish you may send money with coupon.




## Why Gray Hair Is Simply Hair Without Color.



The hair shaft (A) springs from a tube-like depression in the scalp called a follicle (E). The bulb (F) rests on a tiny tip of tissue called the papilla (H). The color of the hair is due to a pigment given off at the tip of this papilla. When sickness, worry or shock interferes with this pigment supply the hair becomes gray. To restore it to its natural color the pigment supply must be restored through a natural process. In the diagram B is the root, C the oil gland, D the root sheath and G the fat cells. Study the diagram and you will see for yourself why there is only one scientific way to restore the color of hair.





# WOMAN

## HER SEX

and

## LOVE LIFE

**THIS** book was written by a leading physician and authority on sex questions who undertook the difficult task of giving to *Woman* not only a treatise upon the intricate formation of her wonderful body, but a *text book* dealing with the intimate activities and relations of her Sex and Love Life.

He found that *Woman* suffers most through lack of sex knowledge and that she was not only more ignorant, but suffered more keenly from mistakes in the sexual realm. *No woman, married or about to, can afford to be ignorant of the knowledge contained in this book.*

It is impossible in this advertisement to tell you what this wonderful book contains, but a few of its many chapters, listed herewith, will give you an idea of its value.

### A Few of the 53 Chapters

- \*Reasons Why a Mistake in a Girl is More Serious Than in a Boy
- Sex Knowledge of Paramount Importance to Girls and Women
- The Wife's Attitude Toward the Marital Relation
- The Female Sex Organs, Their Anatomy
- The Sex Instinct
- Puberty
- \*Importance of First Few Weeks of Married Life
- Pregnancy
- Who May and Who May Not Marry
- Advice to Girls Approaching Womanhood
- Illegitimate Motherhood
- \*Advice to Parents of Unfortunate Girls
- The Single Standard of Morality
- Late Marriages and Chastity in Men
- Dainty Underwear
- \*What is Love?
- \*Birth Control
- Harmful Advice to Young Women
- What a Girl Has a Right to Demand of Her Future Husband
- Difference between Man's and Woman's Sex and Love Life
- \*Advice to the Married or Those About to Be Married
- About an Ideal Institution
- Regarding Flirtation
- Raising a Corner of the Veil
- \*How to Keep a Husband's Love
- Cause of Love at First Sight
- Infatuation Mistaken for Love
- Great Love and Supreme Happiness
- Woman as Man's Chattel
- The Adulterous Wife
- Advice to the Wife of the Flirtatious Man
- The Place Love Occupies in Woman's Life
- \*Jealousy and How to Combat It

\*These chapters alone are worth many times the price of the book.

**Woman—Her Sex and Love Life**, contains 412 pages of 53 chapters, divided into over 200 sub-chapters, printed on fine paper, beautifully cloth bound.

No matter what books you have read, no matter what sex question is agitating your mind, the information in this wonderful book should solve your problem.

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Gentlemen: Enclosed find \$3.00 for which please send prepaid your wonderful book, "**Woman—Her Sex and Love Life.**"

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City ..... State .....

(Sent C. O. D. if desired)

(Continued from page 76)

Floyer and Dr. Baynard published their "History of Cold Bathing Ancient and Modern," and freely employed water in the treatment of such diseases as rheumatism, indigestion, paralysis and nervous affections, with very gratifying results."

About 1725 appeared another book by a distinguished English clergyman, John Hancocke, rector of St. Margaret's and prebendary of Canterbury, entitled, "Common Water the Best Cure for Fevers, and Probably for the Plague," in which he cited many instances of the curative effects of water used in cases of fever, violent colds, etc., "unassisted by any kind of medicine." About the same time Lanzani published in Italian, "Right Method of Using Cold Water in Fever and Other Maladies," wherein he held water-drinking to be the best remedy for all kinds of fevers. In 1738 a book on "The Power and Effect of Cold Water" appeared in German by Hahn, which by 1754 had passed through four editions, but it did not succeed in winning over the "Faculty" to the Water Cure. In 1753 Perez, a Spanish physician at Madrid, sought to cure most diseases by water, and published a small book on the subject. In the latter half of the Eighteenth Century, three English doctors of prominence, Hoffman, Wright, and Currie, used the Water Cure extensively in their practice. Of these Dr. Currie, of Liverpool, was the most noteworthy, he having treated successfully with the "cold affusion" a contagious fever prevailing in that town in 1797, and published a report of his experiences with a list of cures effected by it.

The general effect of all these sporadic experiments and publications concerning the curative power of water, was to familiarize the European public with the idea and prepare the way for a hydropathist greater than them all; one who is conceded by the modern world to be the real discoverer and founder of the system of healing known as hydrotherapy.

In the little mountainous hamlet of Graefenberg, in Austrian Silesia, there was born in 1799, Vincenz Priessnitz, a farmer lad of sturdy peasant stock, who, without learning or training, of obscure origin and shy, reticent nature, was destined in his brief career—he died at the age of fifty-two—to revolutionize the medical thought of Europe and confound the wisdom of the schools. Even so reluctant a witness as the new International Encyclopedia accredits Priessnitz with having given a new therapy to the world, and says: "It is an historic fact, that of the 7500 patients who had gone to Graefenberg for advice and treatment up to 1841, —a space of 20 years—there were only 39 deaths."

The phenomenal success of the Silesian farmer in treating all kinds of disease with water through so many years, must be attributed in part to original genius—

an intuitive faculty for putting his finger on the crux of the trouble and straightening it out, which like all manifestations of genius belongs more or less to the domain of occultism.

His biographer relates that, by the death of an older brother and the total blindness of his father, the little Vincenz was withdrawn from school and set to work on his mother's farm at the age of eight. That he had learned to read and cipher at this age, but that writing was ever a difficult and distasteful occupation for him. In his outdoor life with animals he had often observed these seek relief for their hurts in running streams; on one occasion had watched a wounded deer, shot through the thigh by a huntsman, stand for hours day after day with the wound submerged in water until it healed; and had tried the same remedy on his own bruised fingers with equally happy results.

Then at the age of eighteen there befell the future founder of hydrotherapy a more serious accident. While chopping and hauling wood on the mountain-side, his horses took fright and he was thrown under the wheels of the heavy wood-cart, which passed over his body and crushed several ribs. The village doctor who was called in to tend his injuries, after applying a fiery lotion which drove him frantic with pain, gave out the cheering information that the boy would probably be a helpless cripple for life, and took his leave.

At this point young Priessnitz displayed the strength of resolution which shaped his later career. Tearing off the doctor's bandage with his own hand, he bade his mother bring a strip of linen about nine inches wide and long enough to wrap three times around his body. One-third of it wrung out of cold water was laid smoothly over the injured part, while the remaining two-thirds was wrapped snugly over this to form a dry outer covering. As fast as this compress became hot and dry, it was exchanged for a cool fresh one, and after several days of this treatment, the inflammation subsided, and in a few weeks our self-taught young hydropathist was going about his accustomed duties.

The incident had served to give a new direction to his activities, however, and ere long the "young water doctor's" services were so much in demand for ailing neighbors that a "hired man" was engaged to take his place on the farm. As soon as his practice became formidable enough to threaten the incomes of the "regulars," the usual cry of "quackery" was raised and Priessnitz was arrested and brought into court on various charges. One very amusing incident is recorded of an indictment brought by an irate doctor who charged Priessnitz with stealing credit for one of his cures—a patient of long standing; whereupon

(Continued on page 80)



# Some Secrets About Voice Culture

Scientific Exercises That Make Vocal Athletes of Us All

By Wilfred Weston

The late Caruso was a vocal athlete. His Hyo-Glossus muscle was superbly developed. To some extent this was inherent—but the great Italian tenor had to work many years to develop that natural gift before he became the greatest singer of his time.

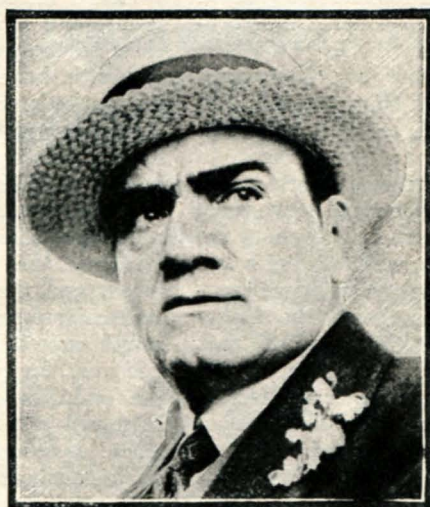
All great singers and speakers are vocal athletes to some extent. The singers whose voices are exquisite melodies, the speakers whose tones move us to great emotion—all possess highly developed vocal organs. They have this power because their Hyo-Glossus muscles—and every other part of their vocal mechanisms—function perfectly.

Your throat is exactly like theirs in construction. Where theirs is strong, yours is weak. That is the only difference. Develop your Hyo-Glossus and your voice becomes rich, pure and beautiful. Neglect it and that important muscle remains weak and undeveloped, and if you continue to sing or use your voice very much for speaking, the other muscles are strained and injured. In many cases, the voice is "lost."

If the muscles in your arm were weak, you would not attempt to strengthen them by lifting heavy weights. No, you would first strengthen them by exercises, that gradually became more strenuous as the muscle power increased. Whether it is throat muscles or arm muscles, the principle is the same. And yet many voice teachers advocate singing as a method of voice development. They are disregarding the fundamental truth of scientific voice control—that a good voice is the result, not the cause of a healthy vocal organ.

The logical way to develop the vocal organ is by simple exercises that teach control of the important muscles, and then develop those muscles until they are strong and healthy, and the voice is perfect. Even today, only a few teachers are using this scientific system. Most of them are in Europe and their training is so costly that the average ambitious student cannot attempt to study with them.

But in Chicago, there is a man whose father and grandfather before him, pioneered in the study of "vocal physiology." They are the men who discovered this fundamental theory of voice culture. This Chicago man, the third of a family of famous voice teachers, will



The late Enrico Caruso, Italian tenor, who is believed to have had the greatest voice of our time. Scientists claim that the secret of his marvelous voice was the superb development of his Hyo-Glossus muscle. Below is a diagram of the complete vocal mechanism showing the Hyo-Glossus. In construction, your vocal organ is exactly like Caruso's. You, too, have a Hyo-Glossus muscle. Develop it. A good voice will be made better—a lost voice restored—stammering and stuttering overcome. Science will help you.



train your voice by this scientific system. He is Eugene Feuchtinger, A. M.

Professor Feuchtinger has given to the world the results of his forefather's genius. Training that was formerly available to only a few concert and grand opera stars of Europe is open now to every ambitious man and woman. Professor Feuchtinger's great contribution to music is his adoption of this system to home study. By his method a student may develop the voice right at home, and at a mere fraction of the cost of studio lessons.

Professor Feuchtinger's method is not a theory. It is solid, proven fact. Thousands of successful students in Europe and America give Professor Feuchtinger credit for their success. Great international opera singers are among his graduates—and speakers, famous the world over.

Professor Feuchtinger's system will develop any voice—it will cure vocal defects. You learn to control and develop the Hyo-Glossus by silent exercises. No one need know that you are studying. And in just a short time, you can surprise your friends by singing or reciting or addressing them in a wonderful, clear, rich voice. It seems like magic that such simple, delightful little exercises should bring about such a wonderful change. You watch yourself improve. You hear and see and feel the change. And then when you have completed your Course, if you are not satisfied that you have made 100% improvement (in your own opinion) your money will be refunded. You take no chances.

Most people do not know the possibilities of their own voices. You may be a potentially fine singer, but your voice is not rich or beautiful now be-

cause your Hyo-Glossus is undeveloped. You may have great thoughts, but cannot impress people because your voice is not strong or powerful. But you can improve your voice. You can sing or speak as you have always wanted to, if you train your voice by this scientific system. Let Professor Feuchtinger teach you just as he has taught hundreds of ambitious men and women.

Write to him today for his scientific booklet, "Enter Your World." It costs you nothing. There is no obligation. Address Perfect Voice Institute, 1922 Sunnyside Ave., Dept. A975, Chicago.

## PERFECT VOICE INSTITUTE

1922 Sunnyside Ave., Studio A975, Chicago, Ill.

Dear Prof. Feuchtinger: Will you please send me a copy of your new book "Enter Your World"? I understand that this is free and that there is no obligation on my part. I am interested in

☐ Singing ☐ Speaking ☐ Stammering ☐ Weak Voice.

Name .....

Address .....

.....



(Continued from page 78)



## GRIP SURE!

GET the shoe that will give you speed and action with safety. The patented suction cups make you as sure-footed as a mule in slippery places.

Grip Sures are fine for games, hikes, golf and mountain climbing.

### Grip Sure Features

1. Patented Suction Cup Soles.
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## TOP NOTCH BEACON FALLS RUBBER FOOTWEAR

Grip Sure. Regular cut. They are also made in athletic cut which laces to the toe caps.



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Latest Model 9 Shot Automatic

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Priessnitz, the doctor, and the patient—a miller, were haled before the judge. When asked by the latter, "which of these two men relieved you?" the miller replied: "Both, the doctor of my money, and Priessnitz of my gout."

In 1822 the old wooden house in which his parents had lived was replaced by a stone one, and as his fame and practice grew, Priessnitz gradually added others, until the buildings and grounds of the Graefenberg establishment loomed up imposingly before the eyes of visitors who came from every quarter of the globe to consult its master.

At one time persecution by the medical profession waxed so fierce that Priessnitz was tried and sentenced, in 1829; but the sentence was revoked on appeal to a higher court, and in 1831 he was granted official permission to conduct a hydro-pathic establishment. In 1838 the Imperial Home Office at Vienna sent Baron Turkheim, a man of scientific education and high culture, as also a Court Councillor, to Graefenberg to investigate the disturbing reports about Priessnitz. After spending some time, observing the methods and effects of the Water Cure, talking with Priessnitz and with his patients, also conferring with persons in the neighborhood, the Baron carried back to Vienna the word that "nobody was less a quack or an impostor than the water doctor of Graefenberg." Whereupon the Imperial Austrian Government issued an order, in 1838, authorizing Priessnitz to have "the same privilege as members of the medical profession in the practice of hygienic remedies."

Here it seems pertinent to remark that those Americans who are so smugly cocksure about their liberty, so radiantly and asininely content with the name and outward semblance of freedom—without much regard to its substance, might get some food for wholesome reflection by contrasting this liberal action of the Imperial Austrian government (so lately the synonym of all that was autocratic and wicked in monarchical rule), with the tyrannical domination by the medical profession of this country—not only over their competitors in healing, but over the public as well—through their "Medical Practice Acts!"

Very significant of this, as well as of the arrogant and intolerant attitude of Organized Medicine in America, is the fact that, the foremost advocate of hydrotherapy in this country, Dr. Simon Baruch of New York, deplored the liberality of foreign governments toward its practitioners in the lands where it was born and developed. In the Medical Record, Sept. 28, 1901, in a letter on "Hydrotherapy and Quackery," Baruch says: "It is a singular paradox, that the German Government does not protect the people against these uneducated quacks. Whether they shall be allowed to

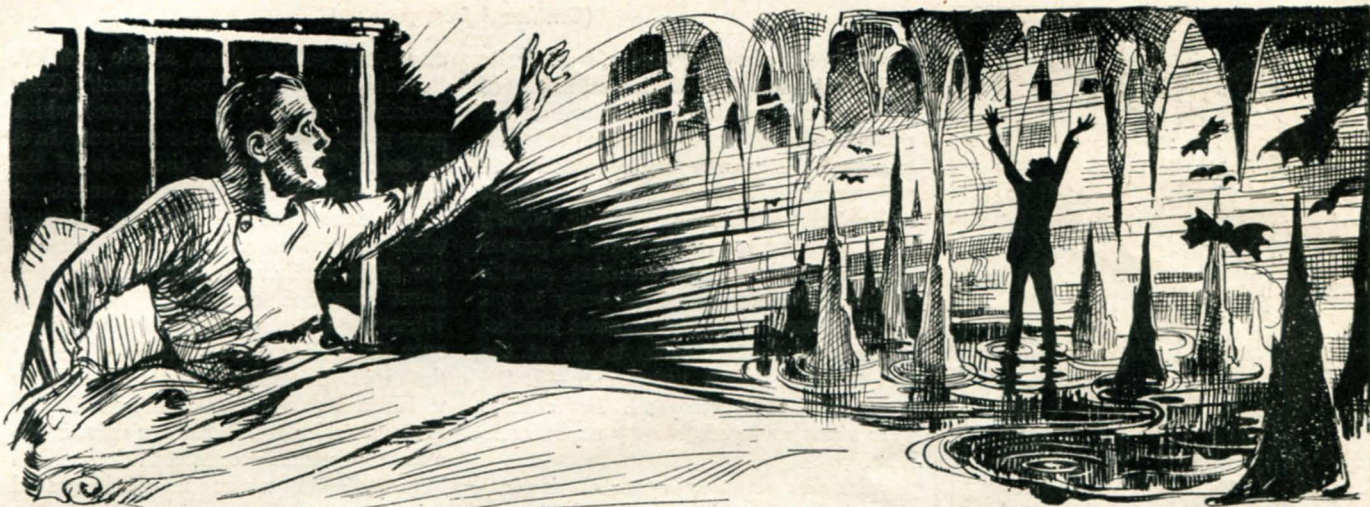
pursue their calling here, remains to be seen. . . . Let not the profession stand idly by and again allow the value of water as a remedial means to be overshadowed by the efforts of these unskilled advocates." We might marvel at Dr. Baruch's failure to perceive the irony in the denunciation of "uneducated hydropaths," seeing that the most skilled hydropath the world ever saw and the founder of the system, could scarcely write his name, had we not long ago observed the atrophying effect of medical training on the sense of humor as well as on common-sense. A doctor must be heavily endowed by nature with both, to escape the benumbing influence of the schools, and even at that, he can't escape the "ethics!"

Hence the fact that most of the reforms, and most of the real contributions to the problem of keeping people in health, have come from the laity, of which the practice of Priessnitz was a conspicuous instance. His theory of disease was that it was caused by the poisoning of the system through the introduction into the stomach of mineral medicines. The action of water, he held, dissolved the morbid matter in the blood, and the sweating reaction from cold compresses, wet packs, etc., as he would express it, "gets the bad stuff out"; and for confirmation he pointed to the fetid discoloration of the wet sheets. Priessnitz also understood the "law of crisis," as defined by the naturopaths: an extra functional effort of the internal organs to get rid of morbid matter. The crises effected by Water Cure assume various forms of skin eruption, boils, nausea, diarrhea, etc. Besides his compresses for different parts of the body, and the wet-sheet whole-body pack, which afterwards became world famous and are now standardized in every hospital of Christendom—still bearing his name, Priessnitz used the cold affusion, the cold plunge, and shower-baths, followed by brisk exercise or rubbing; but he never permitted the application of cold water in any form unless the body retained sufficient warmth to yield the desired reaction. He knew—without being able to name them perhaps—the magneto-electric currents set in motion by the alternate applications of hot and cold water to the skin, and their tonic effect on the nerves; and he understood the value of massage, both as stimulant and sedative, and used the flat-hand movement extensively in his practice.

There is no evidence that Priessnitz knew anything about food chemistry, or its relation to the bio-chemistry of the body; but he learned enough from the behavior of sick animals, to advise those suffering from acute troubles to eat sparingly, if at all; while to convalescents he fed dry, rough, natural food—coarse

(Continued on page 82)





# Startling Facts About Your Dreams —and What They Mean!

Amazing New Miracle Science Has Discovered Startling Facts About Your Slumber, Revealing Hidden Secrets Through Your Dreams—  
How Your Dreams at Night Affect Your Daily Life

**D**ID you dream last night? If so, can you remember it, and do you know if this particular dream held any meaning for you? Or did you simply pass it off with "Oh, I had a funny dream last night," and let it go at that?

If you did, don't do it again. Dreams have priceless value. The dream that may be worth a fortune to you may not come again so quickly. When it comes, be prepared to analyze and understand it. This is why:

Deep down within you, hidden from all the world, is a strange, psychic creature—a being whose existence you have probably never thought of—who directs the whole course of your life, who expresses himself in everything you do and say, who determines your success or failure, your happiness or unhappiness in life.

Dreams are the picture language by which this hidden being talks to you. It is he who leads you through the marvels of dreamland.

## The Master in Your Sleep

When your conscious mind slumbers you do what scientists call "sleep." But your whole mind is not asleep. As you fall "asleep" your subconscious mind becomes the powerful factor of your personality. It turns your wishes and fears into dramatized ideas, showing you clear, vivid pictures that mean as much to your life, and your success in life, as the bodily food you take.

Have you ever dreamed that you loved somebody madly?—that you struggled to have your love requited? And when you awoke did you make an effort to find what was back of the strange dream? Did you ever try to find out where your dream material comes from?

## Your Dreams Tell What You Are

Do you ever dream of apparently absurd things? Do you have recurring dreams of some particular sensation, such as "floating" downstairs, or being powerless to move when some danger confronts you? Do you ever have premonitions or "hunches" of some impending event?

Is there a certain type of person of the opposite sex that has a strong fascination or attraction for you? Do you know why you fall in love with one particular person?

Are you inclined to be morbid—morose—unhappy? Are you nervous? Do you ever feel weighted down with some intangible and shadowy dread or fear?

The answers to all these questions and many of a more intimate nature are held by Psycho-Analysis.

Your dreams lay bare to you the whole truth about yourself. Through your own analysis, they enable you to remove the disastrous conflicts within you and stop the waste of your psychic energy. When you understand your dreams you know what you want in life and the way to its attainment. The search of your other self means the start toward success. There is no guessing, no groping to find the path you will profit most by traveling, no straining to see the things you will gain most by doing. You are clearly shown the way and are no longer a blind groping in the misty by-paths of failure.

By understanding your dreams you can now go after the fundamental cause of your weakness or bugbear and root it out of the real you. You can bring up groundless fears and unreasonable desires to the light of your conscious mind and see for yourself how foolish your vain struggle has been. You can release your hidden powers—let go a great flow of action into power!

## The Purpose of Psycho-Analysis

Dream interpretation is fascinatingly interesting. You interpret your dreams to find out what is going on in your subconscious mind. Thoughts of sex may have left an impression there of which you are ignorant and which may be causing you to live an inferior life. Emotional conflicts may be consuming your psychic energy. All these intimate questions are probed through psycho-analysis, and a cure effected. But the purpose of psycho-analysis is not merely to find out what is going on in our subconscious mind, but to use these subconscious forces to gain your conscious aims and ideals in life. Psycho-analysis is a re-builder, a re-maker—a vivisectionist who operates on the human soul, cutting away the dead and obnoxious parts and replacing them with the vital principles of a rich, glowing life.

## Testimonials for Psycho-Analysis

"This course enabled me to decide a serious matter in a way that has increased my happiness."  
Charles K. Malone,  
New York City.

"It has brought to light hidden conditions that I never thought existed. I feel more than repaid for results already obtained and wish to extend to you and Prof. Legaren my sincere thanks."  
Joseph Strole,  
Terre Haute, Indiana.

"It is very easy to understand, and have found it very helpful. In fact, I've quit my former job and am making a success in the insurance business, where formerly I was working ten hours a day for practically nothing, and was afraid to get out and tackle something new. Thanking you for opening my eyes to something better."  
Sincerely yours,  
L. M. Snell, Lorain, Ohio.

"Before reading it my mind on dreams was like a blank, but now am able to know what my dreams mean."  
Angel d'Avila,  
Dobbs Ferry, N. Y.

## Some Chapter Headings

How the subconscious mind is revealed  
Thirty dreams about life  
How psycho-analysis makes its cures  
How to psycho-analyze yourself  
"Falling in love" a case of Complex Formation  
How to catch your dreams  
Dreaming at will  
What dreams mean  
Wishes explained  
The motive of the dream  
Fear dreams as well as wish dreams  
How to analyze your dreams  
Your own character role in the dream  
The emotional wish or fear  
Dream symbols  
A wife's guilty conscience  
The dream of a bashful young man  
A dream of love with a broader significance  
Making use of your dream analysis

been made possible for anyone to psycho-analyze himself or herself through dreams in the privacy of the home. Psycho-analysis can now be applied to reveal the strange hidden secrets of your subconscious self, at your dining-room table or at your bedside!

To do this amazing feat is now as simple as A-B-C. Every step is made clear and easy to follow—the whole method of psycho-analyzing yourself is made clear from beginning to end—all through a remarkable new easy course in six parts, entitled "Your Other Self as Revealed by Psycho-Analysis" written by Prof. Eugene Victor Legaren.

You have only to follow the simple method described and you are brought face to face with your hidden self—with the startling meaning of your dreams—with that strange, mysterious being that lies submerged within you and shapes the whole course of your life.

As you psycho-analyze yourself you get a new understanding of your vital forces, so necessary to success. You will see how you can become what you want to be. You will be able to do things you want to do, but have in the past repeatedly failed to do. You will find yourself acquainted with your other self and your undiscovered possibilities!

Through a special arrangement a limited edition of this wonderful course is offered to the public. Send no money—simply mail the coupon below. "Your Other Self as Revealed by Psycho-Analysis" will be forwarded to you at once. Read and enjoy it for five days free. Then, if you do not find the course worth many times this special low price, return it. But if you find, as thousands are doing, that this wonderful method opens up new, unsuspected possibilities, send only \$3.00, which will be accepted as full payment during this introductory offer.

But mail the coupon NOW, without any money. This sensational announcement will bring a flood of requests and the edition may quickly be exhausted. Do not miss this opportunity to discover the strange, hidden secrets about yourself revealed by this new miracle science.

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## Learn Your Dream Secrets FREE

And now comes the latest announcement. It has at last



(Continued from page 80)



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Voilà!—a few exemplary models of "The Smartest Togs on the Beach." Left to right: Annette—for the sports-woman. Collegiette—for the fastidious mermaid that refuses to permit even a dip to ruffle her looks. Babett—cunning as can be, for Miss 6 to 14. And—the Asbury Bag—admirable for carrying your Swimming Suit and Accessories. Invariably given "first choice" by the smart set in society and in professional life. Worn by Miss Ethelda Bleibtrei, the world's champion woman swimmer, in all her exhibits.

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brown bread of rye or barley, fresh fruits and vegetables. He insisted on plenty of fresh air and exercise, and those of his patients who felt unequal to the mountain tramps he led, were made to saw and split wood. He was a physical-culturist and naturopath pure and simple, relying entirely upon pure water, pure air, proper diet, regulated exercise and rest, as aids to the normal efforts of the body to get rid of disease. Yet the greatest medical scholars of Europe came to sit at the feet of this Silesian naturopath—in the year 1839, it is recorded, 120 doctors were studying hydrotherapy at Graefenberg.

Priessnitz strongly opposed vaccination, saying, "small-pox is only dangerous and disfiguring because people are wrongly treated"; and since his own treatment—with whole-body packs and copious cold water drinking—was uniformly successful, the vaccinationists were silenced. In the summer of 1851 he met the acid test, when his only son, the little 4-year old Vincent Paul was stricken with small-pox, received the same treatment as the other patients, and made a speedy and complete recovery.

In the closing years of Priessnitz's life, the yearly visitors of his Graefenberg "Curhaus" varied from 1100 to 1400, and his system found many followers and imitators. Hydropathic establishments sprang up all over Europe in the last half of the Nineteenth Century, the most famous being the costly and spacious one erected by Professor Winternitz on the outskirts of Vienna, and the English one at Malvern, established by Sir James Erasmus Wilson, founder and president of the Royal College of Physicians, who spent ten months with Priessnitz at Graefenberg—where he went a physical wreck, and became an enthusiastic advocate of the therapy which restored his own health.

The English novelist, Lord Bulwer-Lytton, took the Water Cure at Malvern,

and later published an article entitled, "Confessions of a Water Patient" (New Monthly Magazine, 1845, London), which gave great publicity to the subject. In it he said: "We ransack the ends of the earth for drugs and minerals; we extract our potions from the deadliest poisons; while around us and about us, Nature the great mother, proffers the Hygeian fount unsealed and accessible to all. Wherever the stream glides pure, wherever the spring sparkles fresh, there for the vast proportion of the maladies which Art produces, Nature yields the benignant healing." Bulwer says, moreover, that when he consulted the medical "faculty"—on whom he had wasted much strength and substance—as to the advisability of taking the Water Cure, they vehemently denounced it and warned against its danger in his case. Hence his advice to others is: "Do not consult your doctor as to whether you shall try hydropathy, etc."

With few exceptions, such recognition which hydrotherapy has received from the medicos has been forced on them by the public, and grudgingly given. As a rule they try to combine it with their own allopathic remedies, from which unholy alliance hydrotherapy always suffers. The Turkish bath has been styled "the short cut to the Water Cure," but the art of Priessnitz is only truly and fully effective when united with the complete regimen of Natural Therapeutics. Although a classical education and a knowledge of materia medica are not essential to its practice, it is not contended here that "anybody can practice hydropathy." On the contrary, the art of putting on wet compresses and packs is a real art which none should essay without proper direction; but at least you can remember that those 28 miles of perspiratory tubes may be kept open and functioning properly by the free and vigorous application of soap and water with an ordinary wash-rag!

## Superstition Helps Me To Win Races

(Continued from page 49)

Most athletes have some excuse which they offer for their own peculiar bits of superstition. Even so seemingly foolish an idea as that which has been handed from generation to generation in certain parts of the country, concerning a stitch in the side, has been accepted literally by some of our great runners. That old idea was that boys can prevent a stitch in the side, which is likely to be induced by running, through holding a pebble under the tongue. I have heard boys say, "I could run all day and not get tired if I held a pebble under my tongue!" And Hans Kolchmainen, winner of the Olympic Marathon, believes in that superstition to the extent of holding a bit of

lemon peel in his mouth all the way of that tiresome twenty-five miles. But it gives him the confidence that he needs. And there is no one to question the ability of the great Finlander. That old superstition is a beneficial influence to him.

Our greatest "knights of the road," almost without exception, have some peculiar rite they perform, or some eccentric habit they indulge in, before climbing into their racing cars, for a dash of over a hundred miles an hour. It gives them that sustaining courage, which nothing else seems so able to inspire. It is not that they are not brave

(Continued on page 84)



# The Strangest Gift a Girl Ever Received

By Marjorie Hillis

IT was four weeks to commencement—the day of days for every college girl and every college boy, too, for that matter. A glorious occasion to contemplate! The wonderful events planned—the exercises—the visitors—the pretty gifts—the scrumptuous clothes—and best of all, the Prom. The Prom was the thrill for me! And could you blame me? For none other than HE was coming all the way from New York to be at my side that evening.

Happy I was anticipating the day—that is, I was happy so long as I wasn't thinking of my complexion.

My complexion was my woe. If it were only the coarseness of my skin I would not have fretted so much, but I was constantly troubled with blackheads and pimples. Goodness knows I had tried everything for my skin. I had "facials" without number and my dresser drawers were filled with all sorts of remedies from salve and ointments to special kinds of lotions and soaps. But nothing seemed to work. Occasionally I would hit upon something that seemed to be the thing, but my elation each time was short-lived for, in a few days, the old complexion was back again—usually the sadder for the experiment.

Of late, my complexion was growing worse. What irony, considering the day approaching. Just when I wanted to look the best in my life my complexion was promising to be at its worse. No wonder there were tears in my eyes as I sat before my mirror that night when Gladys Harwell (who had come down to school to visit her sister Mary, my chum) burst into my room in that "peppy" manner of hers. "Well, well, Miss Misery, what's happened?" she asked. "Fred not coming down for Commencement?"

In my wretchedness I couldn't help but just up and 'fess everything.

"Um," she remarked, "your good angel must have sent me on this visit to school for I hold the solution to your problem."

And then Gladys went on to tell me about a marvelous new discovery for the complexion—not a cream, lotion, soap or anything like that, but a scientific method of remaking the complexion through *chemistry of the body!*

"Yes," I said, impressed with her recital of the wonders the method had done

for her, "but commencement is only four weeks off and how can the method you speak of improve my complexion in that time?"



"Three weeks—twenty days on the average—is all this method takes" replied Gladys. "It begins to show results in two days—forty-eight hours!"

## I Try the Method

Gladys's exposition was enough for me. Right then and there I sat me down and wrote a letter to Alice Roberts of the Olympian Society of Chicago (as Gladys directed) and asked her to send me the complete details

of the complexion discovery, which she, with the aid of the Olympian Society, was bringing to the attention of women.

I know there will be some who will doubt my story, but I want to say that in less than three weeks—I actually looked like a new girl! I myself could scarcely believe the transformation that had taken place in my complexion. My skin was fine and soft and clear. Not a trace of a blackhead or a pimple! Color and bloom was there such as I had never hoped for.

Almost from the start the method Miss Roberts gave me brought results. I remember distinctly that examining my complexion the second day of the treatment I could see a real change in my skin, and then day by day the benefits became more pronounced and at the end of the second week my schoolmates began to take notice in a complimentary way.

And the night of the Prom—well, I still can feel the blushes of the compliments that a certain young man (not far from me now) poured into my ears.

I call this method which I received from the Olympian Society one of my commencement gifts and I think it is the strangest and most wonderful gift a girl ever received. Today, in the glory of a complexion that fears no scrutiny, I could sing the praises of Miss Roberts and the Olympian Society from the house-tops.

Would that every woman, maid and matron could know the magic of the complexion re-maker which Miss Roberts is so admirably championing:

## Every Woman Can Know This Method

Thanks to the activities of the Olympian Society. Every woman, no matter where she lives, can now have the benefit of the wonderful method for complexion referred to above. Under Miss Alice Roberts's direction, the method has been put into a simple, practical course with everything needed, complete instructions on what to do on each day of the three weeks.

The method is so easily secured, so readily put into practice and so certain in results that it is a pity for any woman not to know and use it. Blemishes of years' standing fairly melt away under it. As for blackheads and pimples—the second or third day sees them diminished; all without drugs or doping. *Chemistry of the body does it!*

## Send No Money

The whole three weeks Course in one, compact box, is being distributed now. No money need be sent—not a penny. Just pay the postman \$2.50 on delivery.

Use the Course on free trial. Try out the principles on your complexion. Watch the results in your skin. Watch the benefits that show even in the first forty-eight hours. Then, after putting the whole

method to a complete test, if you are not more than delighted and amazed with the beauty of your complexion, simply return the

Course at the expense of the Society and the Society will return your money in full.

Fill out the coupon or copy the wording in a letter or postcard and mail today. Do it NOW, lest you forget.

Alice Roberts c/o Olympian Society

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Send in plain package complete course revealing the means of securing absolutely perfect complexion in three weeks. I will pay postman \$2.50 only in full payment. My money to be returned if I am not astonished and delighted with results.

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(Continued from page 82)

men. Our race drivers, as a whole, are the most fearless tribe to be found. This harking back to superstition is simply a satisfying enjoyment.

In France, during the war, most of the aviators, before attempting a flight, would follow some freak idea which was intended to bring them good fortune.

The greatest athlete this country has produced is Jim Thorpe, an Indian. He is generally recognized as the best football player ever developed on a college team. There was nothing impossible for him to accomplish on the gridiron. He won the all-around championship of the United States in track, setting a series of records which has never been duplicated. He also won the Olympic world's all-around honors in 1912, and again set a record which coaches claim will stand for generations. He has been a major league ball player of exceptional ability. There was nothing in an athletic way that Thorpe could not accomplish. And his performances on the field of athletic endeavor always reminded one of the grace and strength of some wild creature, still untamed. Thorpe was an Indian and inherited all the strong and simple characteristics of his race, following out the superstitions of his forefathers.

The 100 meters at Antwerp for the Olympic Championship occasioned the manifestation of a great deal of superstition. It had never dawned upon the four American representatives waiting for the finals, how much each depended upon superstition, until the day of the race. That morning one of the four sprinters opened an umbrella in the schoolhouse. Immediately some one referred to the incident as a sign of bad luck, and that athlete happened to believe in the superstition. He was upset from then to the start of the race, and afterwards he claimed that the superstition had been the circumstance which had caused him to get a poor start. He did get away very badly, as though his mind weren't on the gun, and he might unconsciously have been remembering that umbrella incident.

Then Jack Sholtz was afraid that his favorite spikes were not long enough for the mud of the track, and so changed to a longer pair, which were more suitable, it is true, to the conditions of the cinderpath, but which did not agree with Jack's state of mind. Neither did he run up to his standard.

Now I too, had a superstition, one which somehow displaced an opponent's confidence, and which my competitors asked me not to indulge in on the day of the finals. It reminds me of that old superstition regarding croquet. For it is told by the followers of that ancient pastime, that if your ball was about to be sent flying, the safeguard was to draw an X in the air with your mallet, at the same time saying "criss-cross." It was sure to make your enemy's foot slip,



and many a girl would get "mad" and not play, if you did it often.

My superstition was hitting on wood. I have never run a race without performing this solemn piece of mysticism, in a certain peculiar way. I always do it just before the start of the contest and in sight of all my competitors. It has a way, athletes claim, of working both ways. It gives me a certain needed confidence, and creates an unhealthy mental state in the mind of the opponent, as though some magic rite had been indulged in, giving the performer an immense advantage.

Of course when the hour of the race for the championship of the world rolled around, I hit on wood in my customary manner, for if ever I needed confidence, it was then. And say what you will, the habit had been so long indulged in with the same effect, that immediately I had performed this simple function I felt ready for the contest and inwardly confident of the outcome, even as my opponents who had enviously watched me, felt a reduction of their own power to win, as they afterwards told me.

Two weeks later, in the French-American-Swedish Olympics held at Paris, I met Jack Sholtz in the finals of the 100 meters once more. I had been sight-seeing throughout Europe; he had been training faithfully for the race. He believed that victory was to be his. He walked up to the starting holes, with the utmost confidence. But two superstitious peculiarities happened which lost him the race before it had ever begun. He could not have won that day, after those two incidents, even if all the other competitors had carried canes.

In the first place, I had slipped on my silk suit, under my sweat clothes, which was contrary to custom, for I was supposed to wear my Olympic suit that day. Sholtz knew the history of that suit, and how it had always been proof against defeat. His mind did not re-act to the feeling that here was an opportunity to upset the superstition, but rather his mind unconsciously accepted defeat. And then there was the wood-knocking superstition, which he had seen work out successfully in the Olympics. Superstition won that race. It had proved both a beneficial and a destructive force in that contest—but, most decidedly, it had proven a force.

Just as driving a car through a crowded street helps to give confidence, so this superstition of hitting on wood gives confidence, and yet not too much confidence. It has been a deciding factor in athletics for many a long year, and though there are those who say that superstition is dying out, it seems rather to be a shifting of superstition than a loss of it. But it is so bound up in athletics, and so much a part of the athlete's make-up, that when it does go, the true athlete who, consciously or unconsciously, is an animal imitator, seems likely to go with it.

## When toxic poisons penetrate the walls of the intestines

**EXPECT THE WORST!** For, then follows polluting of the blood! This means the poisoning of every organ in the body! Vitality and energy become lower each day; the brain becomes sluggish and refuses to work rapidly! Premature old age and illness gallop in!

Avoid all that by permanently relieving constipation—the cause of 90% of all human ills—through the regular use of Kellogg's Bran, cooked and krumbled! Keep the eliminative tract in normal condition and you will live years longer!

Kellogg's Bran is simply nature's food. It is not a "remedy," but, eaten regularly each day—at least two tablespoonfuls; in chronic cases, with each meal—it will sweep the bowels, cleansing and purifying and freeing the body from the dangerous toxic poisons! Your physical adviser will indorse Kellogg's Bran for constipation. Results will prove astounding!

Kellogg's Bran is delicious as a cereal or sprinkled over other hot or cold cereals; it makes the most delightful pancakes, raisin bread, gems, etc., you ever tasted. Recipes on every package. Buy Kellogg's Bran at all grocery stores.



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(Continued from page 18)



# "Save your feet"

*Is*  
**Foot Comfort Worth a Dollar?**

When you come home feeling miserable and all tired out, with aching, swollen feet, you probably feel as though you'd pay anything to have well feet again. Anything rather than that pain in the ankle and instep, the burning in the soles, all the troubles that come from fallen arches and weakened conditions of the feet.

You can get foot comfort easily and quickly—for only a dollar. Jung's "Wonder" Arch Braces have aided thousands of such cases as yours. They help the feet by holding in place the small muscles between the bones of the feet. They correct fallen arches. Relieve foot strain. Overcome pain in knees, legs and heels.

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if the patient's vitality is not entirely exhausted. It cannot bring the dead to life, it cannot cure a case that is about ready to topple into the grave. But the cures it has accomplished in many cases would be termed miracles. And I say to every physician who is treating this disease, that one experiment will prove the accuracy of my contention; and a dozen experiments will simply add proof to proof. With facts of this kind in our possession we are ready to fight to the last ditch for the principle of cure that we are advocating here.

If you are suffering from this dread disease, go to your physician and tell him you want to take the fast and milk treatment for it. If he laughs at you go to another physician and another, and continue your quest, until you find one who is not bound, hand and foot by allopathic principles.

The public is tired of medicine. They are sick and disgusted with the mystery and deceit that are often associated with the medical profession. They can no longer look upon the doctor as a demigod. They cannot give him the implicit faith with which he was formerly entrusted. Doctors are men and are liable to make mistakes. They are open to temptation just the same as other men.

For generations allopathic medicine has been treating disease with suppressive methods—diverting or changing the symptoms—curing one disease by creating another, and by similar methods.

From the very first issue of this magazine we have tried to make the people everywhere understand the nature of diseases—not venereal. In nearly every instance it means toxins in the blood (the "high-brow" name for poisons). It means an accumulation of foreign elements in the life-stream. Therefore an intelligent method of cure is not obtained by adding other foreign elements, but by searching for and by removing the primary cause.

The natural question should be, what is the source or beginning of disease? When a careful investigation of this sort is made in connection with any disease, a definite and dependable cure is usually at hand.

Syphilis, notwithstanding its venereal character, is nevertheless constitutional. It cannot be classed as an exception. The vitality within the body, when given the surging force that it can acquire, will rid the body of practically every known disease, syphilis included.

There are two diseases of the venereal type that we would not at this time put into this class. But we are confident that the time will come when even these diseases can also be included. However, at all times remember that we thoroughly endorse the value of many of the anti-septic measures that are now being used to prevent and even suppress the symptoms of venereal ailments.

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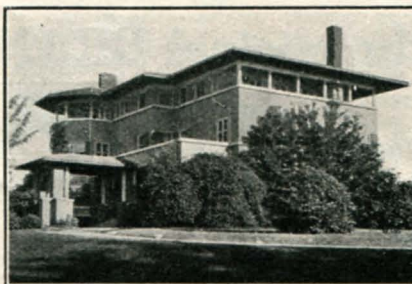
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## What—After Flu?



### Health four weeks away

The after effects of Flu, rather than the disease itself, have been most dreaded. To be left half lifeless is to make life a drag. We believe no treatment can restore the needed vitality and reserve energy so successfully as our Milk Diet Sanitarium method. Terms moderate.

### The Moore Sanitarium

828 Hawthorne at 27th  
PORTLAND OREGON



## What Would You Do in This Case?

(Continued from page 58)

self-evident that criminality, insanity, chronic alcoholism and other forms of defectiveness should be recognized not only as bars to marriages, but likewise as legitimate grounds for divorce, to the end that defectives of these types should not procreate.

The problem of the insane mate is crystallized in this play, "A Bill of Divorcement," which opens in the home of the Fairfield, somewhere in England. Following the World War, the husband, Hilary Fairfield, badly mutilated, suffering severely from shell-shock and apparently incurably insane, has been confined in an asylum so long that his daughter, Sydney, aged seventeen, scarcely remembers him. Her bachelor aunt, Hester Fairfield, Hilary's sister, lives with the family and is extremely "nervous," explaining that it is a nervous family. Meanwhile, following the new legislation, the wife Margaret has secured a divorce from her insane husband and is planning to marry Gray Meredith, the man she loves. In the face of this situation, the husband, recovering, escapes and finds his way home.

Incidentally, Mr. Allan Pollock offers a charming presentation of the war-battered soldier, Mr. Pollock himself having been a severe sufferer from his own wounds. With part of his face blasted off and artificially re-made, he presents a bit of realism on the stage that is extraordinarily effective, particularly in view of the high level of his art.

The major conflict of the play is found in the predicament of the wife. Should she re-unite with her former husband, or should she follow her heart and marry the man with whom she would now be able to have children possessing no trace of the inherited nervous weakness of the Fairfield family? It may be said to the credit of the dramatist, that the wife holds true to the logic of the situation, and ultimately decides in favor of the man whom she now loves and to whom she may be able to bear entirely normal children. Perhaps it may be said also that the situation is somewhat forced in respect to the husband unexpectedly recovering his sanity. There are curable cases, and there are incurable cases. The law presupposes the incurable cases.

There is a minor conflict involved in the case of the daughter Sydney. Sydney is in love with a young man, Kit Pumphrey. It happens that Kit, the son of a clergyman, has been studying eugenics and thus has posted his sweetheart on the fundamentals of the subject. When Sydney learns the truth about her neuro-pathic family history, she heroically follows the path of duty and renounces her prospective marriage. There is an extremely pretty scene in which she

# The greatest danger in your meals today



*The body has two constant needs which must be met by our daily diet—the need to build up body tissues and help eliminate waste matter*

A GREAT nutrition expert says we are in danger because we eat so many artificial foods—things which are convenient under modern conditions but which have been robbed of valuable properties in manufacture. Many even of our natural foods are incomplete and do not give us the food factors we need.

One familiar food, however, stands out above all the others as the richest known source of the B vitamin—yeast. Just the everyday cake of Fleischmann's Yeast you buy from the grocer.

Fleischmann's Yeast has a truly remarkable effect on the whole digestive system. It contains not only vitamin but other vital food factors which help build up body tissues, protect against disease, and keep the intestines healthy.

How many have heard that laxatives never remove the cause of the trouble and yet never act on that knowledge? Begin now. Start eating Fleischmann's Yeast today—and gradually give up laxatives. Laxatives weaken the muscles of the intestines but right eating strengthens them. That is why many men and women have already found relief from



*Primitive man easily secured the necessary food factors from his fresh meats and green leafy vegetables, but modern diet often lacks these vital elements.*

intestinal inactivity—even chronic cases. Take advantage of their experiences and free yourself from this widespread complaint.

Doctors and professors of medicine recommend fresh yeast as an intestinal antiseptic, an aid to complete and regular elimination.

For the vast numbers of people who suffer with indigestion Fleischmann's Yeast is a natural corrective. It is so digestible itself that it places no strain upon the weakened system. It helps the flow of bile and pancreatic juice, and makes it possible for you to get more nourishment from the other foods you eat.

Almost everybody grows to like the distinctive flavor just as they grew to like olives and oysters. Many prefer the taste of the plain cake, nibbling it a little at a time. Others like to dissolve it in boiling water, cold water, milk, fruit-juices, coffee or cocoa. Still others like it spread on bread or crackers. It is very popular in malted milk drinks.

Get your 2 or 3 cakes today. Place a standing order with your grocer. 200,000 grocers carry Fleischmann's Yeast. If your grocer is not among them, write to the Fleischmann agency in your nearest city—they will supply you.

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Let us put this nation on a whole-wheat ration and conserve the health of the growing generation.

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**"A CURSE TO HEALTH."**

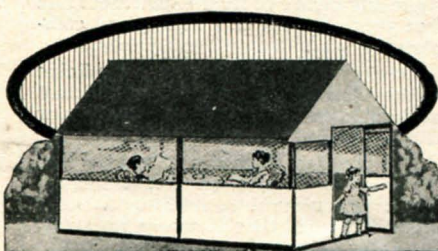
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jilts the young man, thus facing a future in which she will make a home for her father.

This play was regarded as one of the finest dramatic presentations of the past season in New York City. It is not often that our dramatists have been able to put eugenics on the stage in a manner so convincing. There remains, however, a question as to the complete hopelessness of the case of the daughter, Sydney. Of course in a general way, it may be desirable that all strains possessing inherited defect or potential defect, should be terminated. The action of the young woman in the play is expressive of a very fine and noble quality of renunciation. If this could become general, it might ultimately mean the complete weeding out of insanity and other neuropathic weaknesses. On the other hand, it may occasionally be that one may possess some defect, perhaps epilepsy, and yet have so many distinctive traits of value, that he is a more than worth while human being. Julius Caesar is said to have been epileptic, and yet he was a more valuable human being than many other Romans who possessed no special deficiency but who were merely commonplace by reason of having no traits of particular value.

Coming back to the situation in this play, it appears that Margaret, the wife and mother, was of thoroughly sound stock, and while Sydney would necessarily be capable of passing down the weaknesses of her father's family, yet if she married a man whose family was free from such defects, she would have normal children. This because the defect is almost certainly "recessive." It would be highly important, however, in such a case, that Sydney's children be informed of their family history, and of the potential nervous instability which they carry within themselves and which they in turn might pass down. So that these children again, and their children in turn, would need to make sure that the families into which they might marry would be one hundred per cent. free from similar neuropathic taints. However, this would make a pretty large order, and while the personal situation of Sydney from this standpoint is not entirely hopeless, nevertheless from a racial and eugenic standpoint she shows a large measure of heroism and of the "eugenics conscience" in making sure, by her act, that posterity shall not suffer.

### Is Any Man Entitled to Fifty-one Years of Happy Married Life?

TO THE EDITOR:

Tell the gentleman who asks if the difference in age would be a bar to marriage in his case, that if the girl is suitable in other ways, the fact of his being fifteen years older than she does not count. I have been married fifty-one years, and am now living with my third wife, and I know what I am advising. I lived happily with my first and second wives, who now have gone home to heaven. I am happy

also with my third wife. I am seventy-five years old.

Most sincerely,  
JOHN B. IRONS.

### What a Priest Says of Inter-marriage Between Catholic and Protestant

TO THE EDITOR:

I am a priest (Catholic) and a physical culturist.

I believe that the Divine Master wants us to be up to the point in physical as well as in moral perfection.

Love comes from Heaven, if it is love in the sublime meaning of the word. And the perfect child can not come to existence except from natural, perfect love.

The Church advises marriage of Catholics to Catholics, but always gives dispensation and permission to marry a party of other faith, especially in a case like the one stated in your March number, page 96.

So, please tell that brave boy "Twenty-Three" to ask a dispensation, a simple affair, and get married to that very charming girl the Merciful Lord caused him to love, and create a sound Christian family.

Your very sincere admirer,  
REV. MCG. H.

### A "Bashful Suitor"—and a Happy Marriage

TO THE EDITOR:

The letter of J. S. S., published and commented upon in the April issue of this magazine interested me greatly for the reason that I am the wife of a man who is twelve years my senior. At the time we were married (nearly eleven years ago) he was thirty-five and I was twenty-three.

I was amused at J. S. S.'s description of himself, showing his lack of faith in his ability to make The Girl happy. They evidently love each other. Their "affair" is so like our own that I felt I must answer J. S. S.'s queries by giving our own experience. My husband possessed that same self-effacement that J. S. S. shows. How rare and refreshing it is when a girl finds a man so truly noble that he seems wholly unconscious of his own fine qualities!

My husband went through that same torture of mind and almost the identical words that J. S. S. writes. I was a school ma'am having been brought up in a family of school teachers and educators, and I knew little of the world outside of books. Well, I thought for a long while that he'd never propose marriage, for he would keep on talking about the difference in our ages, his "ignorance" and my education, the uncertainty of the future, etc., etc., until I became almost exasperated. I could see he was a Prince among men, that he had not one bad habit, that he had kept clean, wholesome, and healthy, although his associates for years had been the rough element found in boarding houses.

In narrating incidents of his life he unconsciously described his own character. He was big and strong enough in body and mind to withstand not only temptations and bad habits, but also the ridicule of some of those associated with him. Being jolly and full of humor he could always by some joke turn the laugh on the other fellows, and even they respected him and liked him. We found out that his family was sturdy honest Scotch of the better class, although he never boasted of anything pertaining to himself. I had never before met or seen a man like him, and I, like J. S. S.'s girl, had other admirers and chances, but this man was my "Prince Charming." My father, who was rather stern and of a critical mind, sized him up correctly and praised him highly to me. I was a tall slender girl at that time, and considered rather beautiful. To realize that such a man loved me was most thrilling.

(Continued on page 91)



# How Successful Men Keep Fit!

## Doing the "Daily Dozen" to Music Ten Minutes of Fun!

**T**HE man who would succeed must keep fit! The man who has succeeded owes a great deal of his success to the fact that he has kept himself fit!

Among the men of affairs—the successful men—you will usually find sure indications of radiant, glowing health. At the time the average man, during his day's work, gets that tired "three o'clock feeling," the successful man seems to drive ahead with his work with renewed freshness and vigor. This is because he has the stamina, the built-up reserve force, to see him through a hard day's work.

Men of big business depend upon their good health to withstand the strain of day after day of fighting. The successful man seldom shows any sign of physical exhaustion—for he has learned the great secret of keeping himself fit. Such men as T. Coleman du Pont, Charles M. Schwab, and thousands of other successful men know that a sound body, a strong constitution and abundant physical energy are essential. Thus they keep themselves in the "pink of condition." Mr. du Pont regards the building of bodily health as so vital that in a recent interview he said, "Give me the man with the healthy body—and I'll not worry about his brains. The man who is not physically fit cannot possibly use his mental powers to the best of his ability."

### Ten Minutes of Fun

But, at the same time, men of big affairs cannot afford to spend time over the old-fashioned methods of calisthenic drill. They cannot take the time that dumb-bells and Indian clubs require. Today thousands of successful men are following a new method that enables them to keep the entire body in good physical condition at a minimum expense of time. Mr. Walter Camp, famous athletic coach, has devised a new system of keeping fit—the "Daily Dozen."



The man of health and "pep" always creates a good impression. People are glad to see him and glad to give him their business.

### Now Phonograph Records Build Your Health

Walter Camp's famous "Daily Dozen" Exercises have been planned to enable men and women to accomplish definite, beneficial results by ten minutes a day of exercise and amusement combined.

Now, with Mr. Camp's special permission, the "Daily Dozen" Exercises have been recorded on phonograph records, set to lively, spirited music.

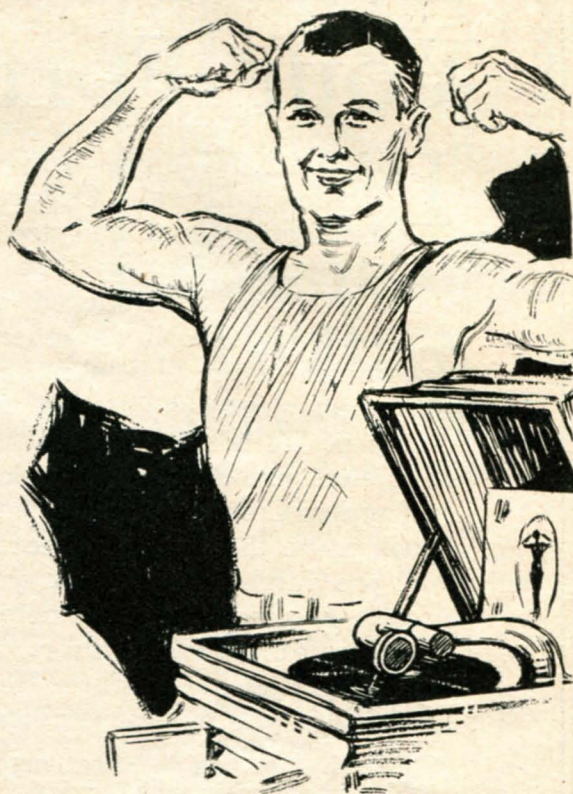
Music irresistibly impels everybody to rhythmical motion. How many people would enjoy dancing without an orchestra? Very few. What would a parade be to the marchers without a band? Merely a tiresome walk in the blazing sun. According to the same principle, the "Daily Dozen" set to specially arranged music on phonograph records becomes the ideal, pleasant and effortless way of creating vigor and vitality. As you swing through these enjoyable movements you feel that your body is being kept fit in the most efficient and enjoyable way ever devised.

Mr. Camp devised these twelve remarkable exercises during the war, in response to the appeal of the commandant of one of the great naval training stations. The commandant wanted something better and more interesting than the regular "Swedish setting-up exercises," which produced staleness in the men, and he thought Walter Camp ought to be able to supply it if anybody could.

The naval officer's letter set Mr. Camp to thinking. It struck him that what was needed was a series of exercises to take the place of the *natural* activity of the Indian or any other uncivilized man. He realized that the man of today—and especially the office worker—is just as much a "caged animal" as a tiger in a menagerie, and that the average man's way of living weakens the muscles of the chest and abdomen.

What did the tiger do for exercise? Mr. Camp went to the Bronx Park Zoo to find out. He found that the tiger was always stretching and twisting and turning his body, his *trunk*; he was exercising the very muscles that tend to become weak when an animal is kept in a cage or a man in an office.

Then Mr. Camp saw where all systems of calisthenic drill had been weak—that they did not develop the important muscles of the body. The result was that he worked out



the now famous "Daily Dozen" Exercises.

With each one of the twelve fascinating movements of the "Daily Dozen" records (playable on any disc machine) a chart is furnished—and actual photographs show you the *exact method* of doing the movements as they are given you by the inspiring voice from the record! No tiresome exercises—no old-fashioned dumb-bells or Indian clubs—no fatigue or exhaustion—but just ten minutes of healthful, bounding joy. Ten minutes of fun with the "Daily Dozen" doubles your business "pep."

## Try the "Daily Dozen" to Music FREE

See for yourself how the "Daily Dozen" set to music will build up your health, strength and tune up your nerves. See how ten minutes' daily fun makes you "fit for anything" that comes your way. See how you gain the health and pep that thousands of successful men are obtaining from the "Daily Dozen" set to music. Let us send you absolutely FREE a sample record and chart giving some of the movements from the famous "Daily Dozen."

Remember, you are under no obligation whatever. The record and chart are sent you FREE and are yours to KEEP. Simply send the coupon below—or a letter if you prefer—enclosing 25 cents in money or stamps to defray the cost of shipping, packing, and handling.

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LAST MONTH from May 1st to 8th National Physical Culture Week was celebrated from end to end of the United States. During that time Physical Culture was introduced to countless thousands of persons who theretofore had not known of the blessings that this great movement based upon the fundamental truths of life could bestow. We sincerely hope that you opened the welcoming door of Physical Culture to your friends and that it will prove the turning point in their lives. And we further hope that you did not neglect to give your own personal health problem proper consideration. In this connection Physical Culture Health Books can render you a great service.

ON this page you will find the names of the books comprising the Physical Culture Health Library. Among them are one or more that will be of great benefit to you. Study them carefully and then, keeping in mind the books that apply to your particular problem, consult the alphabetically arranged column of stores at the right. The chances are that one of the stores handling Physical Culture Health Books is located in your city or within trading distance of your home. While the impulse is still upon you, go to the store and ask to see the books that interest you. The help they give will far more than repay you for any trouble you take in securing them.

ON the other hand if it so happens that you live in a town or city where Physical Culture Health books are not sold by a local store we will appreciate your showing this page to the manager of your favorite store.

## NOTICE

*These Books May Be Purchased at Any of the Stores Listed at the Right of this Page*

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Detroit—John V. Sheehan & Co., Inc.  
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Fort Wayne—Wolf & Dessauer Co.  
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E. Higgins Co.  
Harrisburg—Dives, Pomeroy & Stewart  
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G. Fox & Co., Inc.  
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Manila, P. I.—Philippine Education Co., Inc.  
Milwaukee—The Boston Store, Book Dept.  
Minneapolis—Powers Mercantile Co., Book Section  
Third St. News Stand  
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New Haven—Edward Malley Co.  
New Orleans—D. H. Holmes Co., Ltd.  
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Brentano's  
Wm. Green, Irving Pl. and 19th St.  
Liberty Tower Book Shop, conducted by the Doubleday Page Book Shop Co.  
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R. H. Macy & Co., Inc.  
John Wanamaker  
Oklahoma City—Parlette Wigen Co.  
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Paterson—Quackenbush Co.  
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The Craft Shop



(Continued from page 88)

Well, not to go further into details, he finally was sufficiently convinced of my love for us to become engaged, (although he insisted on a two year engagement), and we were at last married. Now, after nearly eleven years together, I want J. S. S. to know that our love endures and grows. I am fading much faster than he and no one has yet believed us when we tell our friends how much older he is than I. He is now in a successful business for himself, is well known, and is a highly respected citizen of our city. I am extremely proud of him, and very glad that he consented to marry me. Just one thing only that mars our happiness is that I have not been able as yet to bear him any children, but we are learning so many things through PHYSICAL CULTURE and other sources that we still hope our dreams may some day come true.

My advice to J. S. S. is to marry that girl, or at least to become engaged to her, giving her plenty of time to think it over. Then if they will follow my advice they will "live happily ever after."

Here is what I consider the secret of a happy married life. No matter what ages you and your wife are, if you truly love each other, *keep that spark alive!* It's more important after marriage than before. Don't settle down, J. S. S., and act old after you're married to her. Remember she's younger than you and will probably like gay times. Lead a physical culture life and get her interested in the same. Never mind your gray hair. Keep your body and mind young. Play at anything she likes; go with her to amusements; cultivate congenial friends; fix up a gym and go through funny stunts together. *Make each other laugh.* Be a good provider and don't be stingy! That makes a woman sorry she married you quicker than anything else. Talk over your business to her and explain when necessary just where and how she can best help you. She'll do her part, if you'll do yours. Take her out to dine as often as your income permits. A great deal depends upon your attitude after marriage, J. S. S. You can keep her love alive, or you can kill it. If things do go wrong, it won't be the difference in your ages. There will be petty quarrels, of course, and many misunderstandings, no doubt, but show her that you're not an "old grouch." Just try bragging about her a little, "chuck" her under the chin, crack a funny joke (on yourself, remember!) then witness the transformation! Kiss and make up, always.

This is from one who is married happily, even though twelve years are between our ages. Age has little or nothing to do with it. It is the individual and his character that counts.

I wish that all you others who are having trouble would just try the above "recipe" as an experiment for one week, and see if it doesn't straighten things out and brighten your lives.

A happily married wife,  
Mrs. W. W. O.

### When Not to Tolerate a Husband

TO THE EDITOR:

I feel it incumbent to say a few words to "C. R." in answer to her letter in the April number. When she found her husband number two more interested in her savings than herself, more especially when she found him to be diseased to an extent that she herself was contaminated and obliged to see a doctor for it, and he became worse and worse until he was expected to pass in his checks prematurely, she should have left him. This woman comes in for severe criticism for not casting out this vile man and for continuing to expose herself and child to his contact and influence. Any woman who continues to tolerate a man under these conditions, ruins her home and sets a bad example. Such fellows should be made to occupy the bed they make for themselves, and her continued toleration of him is inexcusable.

C. H. V. L.



## Teeth You Envy

### Are brushed in this new way

Millions of people daily now combat the film on teeth. This method is fast spreading all the world over, largely by dental advice.

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A dingy film accumulates on teeth. When fresh it is viscous—you can feel it. Film clings to teeth, gets between the teeth and stays. It forms the basis of cloudy coats.

Film is what discolors—not the teeth. Tartar is based on film. Film holds food substance which ferments and forms acid. It holds the acid in contact with the teeth to cause decay.

Millions of germs breed in it. They, with tartar, are the chief cause of pyorrhea. Thus most tooth troubles are now traced to film, and very few escape them.

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Film has formed a great tooth problem. No ordinary tooth paste can effectively combat it. So dental science has for years sought ways to fight this film.

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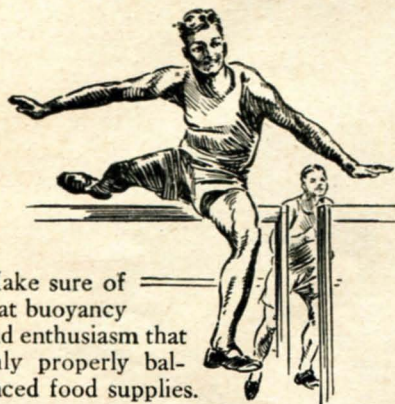
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## Fighting Mad

(Continued from page 31)

Chicago and see my lawyer. He probably thinks that I'm dead."

"And nobody knows that you're back? None of your old friends even?"

"Not a soul. I'll see a few of my friends in Chicago."

"You ought to. I understand the Fraternity is having a banquet there tomorrow night."

"Are you going to it?"

"No."

"I'll be there strong! I'm glad you told me. There's sure to be some of the old crowd at a banquet. I wish I had a pin to wear. I'd feel right at home, if I could sport one tomorrow night."

"Let me lend you mine. I won't have any use for it."

"That's awfully decent of you, but really I couldn't accept. How could I return it?"

I drew out one of my cards and gave it to him. Then I unfastened the fraternity pin. "Here it is. Please take it."

He hesitated for a moment. "All right, I will take it. I'm much obliged. I'll send it back to you after the banquet."

For a time the conversation of my companion made me forget my own pressing troubles. I felt a certain sympathy for him. He had evidently gone through a Hell of his own. But he had a more flexible nature than mine—a nature that could bend and still not break. The joy of living was strong in him.

My life had been made up of three things: love of my wife, admiration and affection for my friend, and implicit belief in the goodness of God. All had failed me. I was now in the dust.

The old "Deacon" Colgate could not live under these conditions. He must vanish from the face of the earth. I knew that already another man was being born in the shell of "Deacon" Colgate.

I encouraged my companion to talk. He told me of his adventures in Europe; and I did my best to listen, to deaden my senses to the throbbing pain.

It grew late. The train continued to bore its way through the night. It shrieked shrilly at the crossings like a driven demon; and, back in the sleeper, people were yawning contentedly and climbing into their berths. Another hour passed. Still we talked; and still the train shot on, like an arrow from the bow of Civilization.

"Do you know," said my companion, leaning toward me—"do you know, if there's any truth in—that Schopenhauer philosophy of yours, I ought to die tonight. I haven't been so happy in years. Life seems a great thing. It's positively—"

He never finished the sentence. There came a vibrating jar, a sudden screaming of breaks, a thundering crash, and I was thrown forward violently against the

opposite wall. My shoulder hit the wood work and I fell to the floor half stunned.

I have a vague memory of the floor and ceiling changing places, of a chorus of frightened screams coming out of the darkness, of a soft body colliding with mine. Then some heavy object fell on my forehead and my senses left me.

### CHAPTER XXXI

When I regained consciousness, the frantic screaming was still echoing in my ears. It felt uncomfortably warm. The passageway was red with flames. They licked at the corners of the door with long blue tongues.

With an effort I sat up. A few feet from me, with his head in an ever widening pool of blood, lay my traveling companion. His eyes looked straight up at the ceiling. One hand touched the heel of my shoe; the other lay on his breast. The smile of a lover of life still lingered about his lips. The man was dead.

I staggered to my feet. As I did so, I saw a flaming figure dash past the doorway. It tore at its mantle of fire with twitching fingers, and, wheeling about, fled back screaming.

The heat grew worse. I could feel beads of sweat trickling down my back. My flesh began to tingle. I tried to open the window, failed, and, picking up a brass cuspidor, hurled it against the pane of glass with all my might. The first thickness was broken, but the second remained intact. Again I lifted the cuspidor. This time I did not throw it, but, taking it in both hands, struck the window again and again. At last the pane broke in a tinkling shower of glass. I put my head out into the night, and breathed the cool air deep down into my lungs. Still I heard the screaming, rising and falling in a monotonous cadence.

I pushed one foot through the broken window and then the other. I twisted and squirmed my body through the aperture, scarcely feeling the piece of ragged glass that cut my face. At last I was out, hanging by my hands. I let go and dropped down into a green fresh-smelling meadow. Spring was strong in the air.

The mist had vanished. Now the moon shone brightly on the scene. There, lying on its side like some wounded monster, was the locomotive. It belched fire and smoke. Behind it, stretching away for perhaps a hundred yards, were the sleepers. Some were in an upright position, some on their sides; but all, in the uncertain light, had a weird look.

Crowds of frantic, terrified people ran to and fro. Some attacked the cars with axes and crowbars; some folded fainting forms in their arms; and some ran about laughing hysterically in the moonlight.



As I stood watching them, it seemed to me that I was entirely removed from these people; that I never had been one of them. I wondered at their wild excitement. Their hoarse screaming filled me with disgust.

Soon their cries of agony died down to a low moaning—a feeble wailing. And I felt thankful for it. I was unmoved—as indifferent to their suffering as the pale smiling moon in the heavens.

Suddenly a woman seized me by the arm. "He's in there," she screamed, pointing to the nearest sleeper. "He's in there! We were married tonight. They took me out but they left him there! Oh! oh! oh!"

"Madame," I said looking down on her coldly, as the moon looked down coldly on her, "Madame, do not seek help from the dead. I am as dead as he."

She dropped my arm and, blindly, unheeding, with outstretched hands, ran toward the burning cars. Men saw her, seized her, held her; and again I heard her voice as I turned and walked swiftly across the meadow.

"He's in there! They took me out, but they left him there! Oh! oh! oh!"

As I pushed on through the night, under the stars, it seemed to me that the great smiling face in the heavens—the pale sardonic face of the moon—mirrored the expression of that other face, the face of God. So did He look down upon suffering, with that faint trace of a grimace about the lips. I laughed derisively, and saluted it by a wave of my hand.

"I will model myself after You," I cried. "I will look down on all things with Your cold calculating calmness, and nothing in the world will make me feel again. 'Deacon' Colgate is dead! The toy has answered its purpose, and lies broken at Your feet!"

Across the fields the woman's voice came very faintly, as though from another world: "He's in there! They took me out, but they left him there! Oh! oh! oh!"

"What a dull fellow you were, 'Deacon' Colgate!" I cried. "What a fool! Why, you had no sense of humor! But you're dead—dead, damn you—and burnt to a cinder!"

I sped on through the night; and the breeze blew gently through my hair, kissing my cheek with all the tenderness of April. My muscles moved smoothly under my skin; warm pleasant drops of perspiration stood on my brow; my heart beat evenly.

An hour later, stretched in the shade of a pine tree, I slept tranquilly. Several miles away, the same moon looked down on silent figures that busied themselves about burning heaps of refuse—lifting charred bodies tenderly, and placing them in a long black row on the spring grass.

## CHAPTER XXXII

When I awoke, the sun was high in the heavens. Through the interlacing

branches above my head, slanting arrows of light were falling. One rested on my upturned face, warming it like a human hand. Innumerable tiny clouds were floating lazily overhead.

I sat up, and rubbed my eyes. I had a bewildered sensation—a sensation of being lost. What was I doing here? This sunlight should be streaming through the curtains of my bedroom. I should be listening to the ticking of the clock, to the gentle breathing of Eleanor. Where was I?

And then bitter realization of the truth swept over me. Home? Ah, there was no such place—there never *had* been such a place. I had dreamed of it for many years, but now I was awake. Home was an aircastle which had fallen. And hiding in its ruins, were the two enemies whom I had once called friend and wife. Well, they could have the air castle—I was through with it.

I climbed slowly to my feet and looked about me. Evidently I was in the center of a small grove. Like iron bars in a giant's dungeon, the tree trunks dissected the vision of an outer world. To the right, I caught the glint of water. There was a pond at the edge of the woods. I started towards it.

As I limped along—stiff and sore from my first night out of doors—I felt unpleasantly conscious of spring. The wind sang of it; the birds whistled of it; the leaves and grasses murmured of it; the flowers nodded a shy greeting. This gaiety, this renewal of bright youth, this joy of life, was an affront to the man who had lost himself. I felt like a shadow that is suddenly confronted by the blind-day.

A short walk brought me to the pond. It was small—some sixty feet wide by a hundred long—but a whole regiment of ducks swam majestically about, quacking as proudly as though it were a lake. Two children, who were launching a toy boat, lifted their faces over some waving fern and saw me. They immediately took to their heels, leaving their craft to the mercy of wind and water.

As I lay down on the bank and began to drink, I saw a reflection of myself on the still water. Within twenty-four hours, I had changed from a well-dressed man into a tramp. My coat was torn to shreds; my right cheek was black with congealed blood; my derby was broken; and the knee of my trousers was torn. It was no wonder that the children had fled.

I drank my fill, washed my hands and face, and then rose and looked about me. To the left of the pond, was a dirt road; and far down it, with white plumes of smoke hovering above them, were several houses. The day was well advanced; and hunger had begun to gnaw at me. Possibly I was on the outskirts of a village where I could find a restaurant. I decided to investigate.

Ten minutes of walking brought me to

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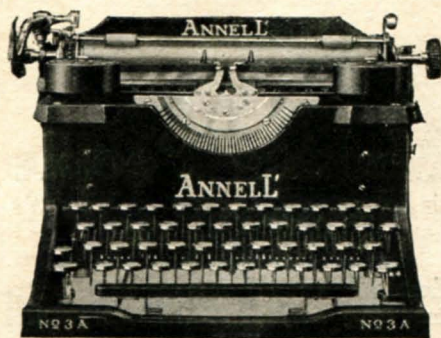
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a village. I had passed several persons, all of whom had looked at me curiously. One—a ragged old man with a wild dishevelled beard—had stopped me with a friendly gesture. "It's no good, Bo," he had muttered. "There ain't nothin' to be shook down in this place. Better travel with me—I'm ridin' back to the big berg." It was the first time that I had been addressed in the jargon of the hobo. In the months which were to follow, I was to become familiar with it.

I found a small restaurant and was waited upon by an old woman in a white apron. After I had eaten, I paid her with a twenty dollar bill. She stared at me very hard when she brought the change.

"You're a stranger, ain't you?" she asked.

"Yes," I answered. "I'm traveling. Have you any New York papers?"

"I wouldn't wonder. A traveling salesman left one a while ago. Let me see if it ain't in the other room." She hurried out. A moment later she returned with the New York *Falcon*. "Here it is. And there's a big account of the railroad wreck that happened last night just out of town. It was awful! See, there it is—right on the front page."

There, covering over three columns, was the train wreck in detail. My eyes rested on the list of dead. My own name, Frederick Colgate, headed them all. It stood out from the white paper as if written in fire. For a moment my heart seemed to stop beating. It was as though all the air had been pumped out of the room.

I rubbed my eyes, but there was no mistake about it. There it was in bold black print for the world to see. I began to read the article carefully, although the old woman coughed several times in an admonitory fashion. My attention was held by one of the sub-headings. It read thus:

### An Affecting Scene.

In car number 5 the burned body of a man was found. At first, recognition seemed impossible; but on closer inspection, a fraternity pin was found resting on the charred breast. The name Frederick Colgate was engraved on the back of this badge.

When Mr. Colgate's wife appeared upon the scene, there was no further doubt as to the identity of the body. She recognized the pin immediately.

The suffering of the young wife was pitiful in the extreme. For a time it seemed as though her reason must give way. However she is now doing nicely under a physician's care. Mr. Bruce Smythe, a former well-known athlete at Columbia University and lifelong friend of the deceased, fainted at the sight of the corpse and has been raving in a high fever ever since.

Mr. Colgate was a well-known man about the city because of his many charities. He leaves a large estate—

Suddenly I began to laugh—laughter

that burnt my throat and brought the tears to my eyes.

"Well," said the old woman irritably. "I didn't see anything so funny in the paper. What is it? I want to laugh, too."

Still shouting with laughter, I leaned over the counter. "See that?" I gasped pointing to my name with a trembling finger. "I knew him well; and now he's dead you see. And there's his wife—his grieving wife! I knew her well. But the funniest of all,"—and here I fairly screamed with laughter—"is this. Look here, look here! This is his lifelong friend, you see—his dear friend who fainted so nicely. You don't understand—but take my word for it, it has a humor all its own."

Still laughing hysterically, I walked out of the restaurant, leaving the little old woman staring after me with eyes as round as saucers.

## CHAPTER XXXIII

It is very painful to narrate the events of my life for the next five years. A merciful mist envelopes that wasted time, making all things shadowy and unreal. The tramp who fought, drank, and stole from farmyards—that reckless, blasphemous fellow—scarcely seems ever to have been "Deacon" Colgate.

I have no excuse for my fatal folly. I was weak, and could not stand suffering—that universal medicine of the soul. To escape it, I took up a new existence; I forged for myself an armor of cynical wisdom, which I deemed would shield me from the weapons of the world.

Why did I not go back to my old life? The answer was very simple. Because my old life had abused me and cast me out. It was true that I could have had money to spend, luxuries at my beck and call. But what could this have brought me? Before, it had caused me only suffering. It had bought me a faithless wife and a false friend; so why should I look to it for anything more? The one pleasure that it had afforded, was my charitable work. Now my tenants could get along without me—sink or swim, lie down in their garrets and die for all I cared. What difference could it make to the man who had lost himself?

After seeing my name heading the obituary column, I decided to renounce my old life. The world considered Frederick Colgate dead, and Frederick Colgate would not be so disobliging as to contradict. If fainting friends and grieving wives were such a rarity as to be described at length, surely I could not be so selfish as to show that they had been fainting and grieving their best all to no purpose.

A plan unfolded itself. I would become a tramp. I had five hundred dollars with me, and that would surely pay for my apprenticeship. I renamed myself "Red Nolan," and started out on my pilgrimage of poverty.

I soon learned the lesson of life. When



a man was poor, the faces of the well-fed were turned from him. The very name of poverty was repellent to the wealthy. It savored of reproach. I was often turned away from ministers' doors, and I enjoyed it—it gave me a good laugh at God. It was not the custom in this Christian age to sacrifice food on the altar.

It is not my purpose to tell in detail my life for the year that followed. I became expert in the ways of the mendicants of the highway and drifted by easy stages to California. Poverty is a much lighter cross to bear in the open fields under a blue sky.

When I made any money working in the fields, I would straightway get drunk. Fortunately I was usually paid in food and tobacco. Drinking was to me more of a duty than a habit. I did it conscientiously, as another man might go to church. At such times, a heavy curtain seemed to fall between "Red Nolan" and "Deacon" Colgate, hiding one from the other. It was a necessity to thicken this curtain month by month, or life would have been unbearable.

My existence was a healthy one except for the occasional drinking bouts. Never had my muscles developed so. My body fairly pulsed with power. Sometimes I would lie in the long grass for hours, stretching myself in the warm sunlight like an animal; then suddenly I would spring to my feet and run swiftly through the green fields, enjoying the play of muscles and the coursing of warm blood through my veins. At last, tired and thirsty, I would reach the bank of some stream—some lonely stream where the water looked as black as ink under the hanging boughs—and then, pulling off my rags, I would jump into the cool depths and come out again refreshed and dripping.

With this new joy of living growing stronger each day, many of my old characteristics vanished. In fact the past became almost dead. When I found myself longing for things that I had enjoyed in my other life, I straightway earned some money and got drunk. Then I quickly forgot.

Among my newly developed traits was an inclination to fight with other men. I was no longer quiet and unassuming. Now, although I looked like a scarecrow, I liked to shout men down. If they attempted to contradict me, the argument usually ended in blows. I was generally the victor, now that my body had become a mass of live springy muscles.

Of course, I did not get off scot-free. My face was always cut and bruised; and my nose, once straight enough, had a lump on it the size of a hickory nut. One ear was swollen out of all semblance to its former self, and the other was fast following suit. It would have taken a very keen observer to have recognized in the ragged figure that haunted the fields, the faintest resemblance to the old time "Deacon" Colgate.



## Do You Know the Condition of Your Health?

**G**OOD health is so vital to your success that you can't afford to guess about it. You want to know. Many of the most hopeless diseases give no outward sign of their existence until they are past the stage where cure is possible. Such a one is Bright's Disease—second only to Consumption in the yearly number of its victims.

The same thing is true of many other diseases. That is why apparent health is so often deceptive. That is why so many promising men break down or die before their time. That is why it is vitally important for you to know the true situation about your own health. Such knowledge may mean the difference between success and failure, the difference between long life and premature death.

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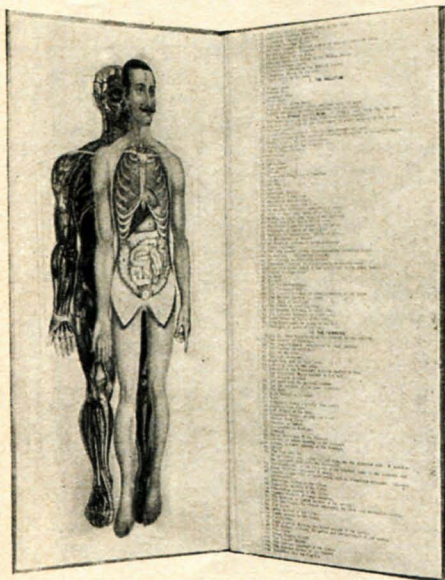
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SPECIAL NOTE—We have recently acquired a few wonderfully complete female manikins. They are priced at \$3.00 each, or if purchased with a one year's subscription to PHYSICAL CULTURE Magazine, we will supply female manikin and subscription for only \$5.00.

I took a certain fierce pride in my facial transformation. I would look at myself in a bar-room mirror after a fight, with all the satisfaction of a German University student who has been carved up to his satisfaction. This brings me up to the eventful day when I entered my new profession.

## CHAPTER XXXIV

I was nearing the mining town of Roseville, California. I had been working all day, doing chores on a farm, and was tired and thirsty. In one ragged pocket was a dollar bill. I moistened my dry lips with my tongue, thinking of the cool drinks that awaited me in the first saloon.

As I turned down Main Street, the red ball of the setting sun rested on the snow-capped mountains, turning their crests into a crimson beauty. For a moment it balanced there, reminding one of a cherry resting on a frozen sherbet—then it vanished slowly, turning the snow with its passing into a richer rarer shade.

Miners were coming home from work, their dinnerpails under their arms, and soft wide-brimmed hats tilted back on their heads. They looked curiously at me as I passed. Some greeted me patronizingly with a wave of the hand.

"Hello, stranger," cried one.

"As hot as Hell," said another with a look at my rags, "and I see you're dressin' for it."

"Look at the lacework on the bottom of them pants!" cried a third. "That's dainty, that is!"

I paid no attention to them, but went on silently. The fighting could wait—I wanted the drinking first. At last I pushed through the swinging doors of a saloon.

The barroom was half filled with blue-shirted, tobacco-chewing customers. They rubbed elbows with one another, dried their lips with woolen sleeves, and spat with great accuracy into cuspidors stationed at different ranges about the floor. Sitting at a small round table in one corner, was a man who held my attention. He was evidently not more than forty years of age. Tall and stout, he had one of those faces that can never grow old—a face that one would laugh at if one saw it in a coffin. At present he was trying to look gloomy, and failing miserably at it.

The barkeeper filled a glass with a generous drink of whiskey and handed it to me. "No offense," said he, "but money first."

I tossed my dollar bill on the bar. "Pour me out four more of those drinks as quick as you can. I want to get a good start."

At this moment one of the miners loomed in the doorway. He caught sight of me and lumbered in my direction. He stationed himself next to me at the bar. We were elbow to elbow.

By this time, the barkeeper had poured out my other drinks, and I had downed them in *one, two, three* order. I felt a

pleasing warmth stealing over me, and also a slight stirring of the blood at the anticipation of battle. The miner was talking to the barkeeper with a sidelong look at me.

"Them bums that floats in, Charley," he was saying, "you oughtn't to sell 'em booze. It don't do a place good ter see hoboos chinnin' at the bar, like they was somethin'. Why don't yer chuck him out, Charley? I'd like to be yer bouncer fer once."

"Are you referring to me?" I asked coldly.

"Are *you* the only hobo in the world? Hell, ain't yer proud!"

"If you are," said I, "let me put you wise to something. It would take a dozen like you to put me out of this room."

I knew what was coming, and was ready for him. When he swung his fist at me, I ducked and responded with a straight left to the mouth that knocked him to the floor. He was up again directly, spitting blood, and ran at me with his arms swinging like a windmill. I side-stepped and put another left to his bleeding mouth. The force of the blow staggered him; his hands dropped to his sides and he half spun around. I saw the opening, and put all my strength into a perfect uppercut that landed squarely on his jaw. His head snapped back, his knees bent under him, and he tumbled to the floor.

Seeing that there was no more fight in him, I turned to the bar and finished another whiskey. Some of the miners were pouring water on their fallen comrade; some stood about me in an awed group. Suddenly I felt a touch on the arm, and, wheeling, confronted the stout man whom a few minutes before I had seen sitting at the table. The gloom had vanished from his round red face. He was smiling in a delighted boyish fashion, with his head held slightly on one side.

"I want to talk to yer," said he. "Come into the back room. There ain't nobody in there, is there, Charley?" And then when the barkeeper had answered by a shake of the head, "It's somethin' big, young man," he finished.

When we were alone, I turned on him brusquely. "Well, what is it?" I asked.

"I'm looking fer a two-handed fighter, that's all. I'm a manager without a pug, see; and I've got a fight framed for tomorrow. The kid what I fixed it for, beats it with a damn 'skirt' and leaves me to make good. Them people ain't goin' to be disappointed if I can help it. Now here's my offer. Will you go in? There's twenty-five for yer in it."

"Will I fight tomorrow? Why, I've never been in the ring."

"That's nothin'. You can fight; and, if you're gettin' too much of it, hand out some stall about a busted arm or somethin'. But don't lay down too early. You've got to take some lickin' fer that coin. Will you take the punishment fer the twenty-five, that's what I'm askin'

(Continued on page 98)



# Why Some Foods Explode in the Stomach

## And How 48 Hours Makes New Stomachs from Old

By R. S. EDWARDS

**A** MAN'S success in life depends more on the co-operation of his stomach than on any other factor. Just as an "army moves on its stomach" so does the individual. Scientists tell us that 90% of all sickness is traceable to the digestive tract. Yet in a surprisingly large number of cases even chronic stomach trouble can be remedied in from 48 to 72 hours.

Physical efficiency is the back-bone of mental efficiency. Unless our stomachs are effectively performing their functions in the way Nature intended, we can't be physically fit. And unless we're physically fit, we can't be thoroughly successful.

As Dr. Orison Swett Marden, the noted writer, says, "the brain gets an immense amount of credit which really should go to the stomach." And it's true—keep the digestive system in shape and brain vitality is assured.

Of course, there are successful men who have weak digestions, but they are exceptions to the rule. They succeeded *in spite* of their physical condition. Ten times the success would undoubtedly be theirs if they had the backing of a strong physique and a perfect stomach. There are a thousand men who owe their success in life to a good digestion to every one who succeeded in spite of a poor digestion and the many ills it leads to.

The cause of practically all stomach disorders—and remember, stomach disorders lead to 90% of all sickness—is wrong eating.

Food is the fuel of the human system, yet some of the combinations of food we put into our systems are as dangerous as dynamite, soggy wood and a little coal would be in a furnace—and just about as effective. Is it any wonder that the average life of man today is but 39 years—and that diseases of the stomach, liver, and kidneys have increased 103% during the past few years!

The trouble is that no one has, until recently, given any study to the question of food and its relation to the human body. Very often one good harmless food when eaten in combination with other harmless foods creates a chemical reaction in the stomach and literally explodes, giving off dangerous toxics which enter the blood and slowly poison our entire system, sapping our vitality and depleting our efficiency in the meantime.

And yet, just as wrong food selections and combinations will destroy our health and efficiency, so will the right foods create and maintain bodily vigor and mental energy. And by right foods we do not mean freak foods—just good, every-day foods properly combined. In fact, to follow Corrective Eating it isn't even necessary to upset your table.

Not long ago I had a talk with Eugene Christian, the noted food scientist, and he told me some of his experiences in the treatment of disease through food. Incidentally Eugene Christian has personally treated over 23,000 people for almost every non-organic ailment known, with almost unvaried success. An enviable record when one

considers that people nearly always go to him after every other known method has failed. And the remarkable part of it all is that Eugene Christian's methods often remedy chronic cases of stomach trouble in 48 hours.

One case which interested me greatly was that of a young business man whose efficiency had been practically wrecked through stomach acidity, fermentation and constipation, resulting in physical sluggishness which was naturally reflected in his ability to use his mind. He was twenty pounds under weight when he first went to see Christian and was so nervous he couldn't sleep. Stomach and intestinal gases were so severe that they caused irregular heart action and often fits of great mental depression. As Christian describes it, he was not 50 per cent efficient either mentally or physically. Yet in a few days, by following Christian's suggestions as to food, his constipation had completely gone, although he had formerly been in the habit of taking large daily doses of a strong cathartic. In five weeks every abnormal symptom had disappeared—his weight having increased six pounds. In addition to this he acquired a store of physical and mental energy so great in comparison with his former self as to almost belie the fact that it was the same man.

Another instance of what proper food combinations can do was that of a man one hundred pounds overweight whose only other discomfort was rheumatism. This man's greatest pleasure in life was eating. Though convinced of the necessity, he hesitated for months to go under treatment, believing he would be deprived of the pleasure of the table. He finally, however, decided to try it out. Not only did he begin losing weight at once, quickly regaining his normal figure, all signs of rheumatism disappearing, but he found the new diet far more delicious to the taste and afforded a much keener quality of enjoyment than his old method of eating, and he wrote Christian a letter to that effect.

But perhaps the most interesting case that Christian told me of was that of a multi-millionaire—a man 70 years old, who had been traveling with his doctor for several years in a search for relief from chronic constipation, lumbago, and rheumatism. For over twenty years he had suffered from stomach and intestinal trouble which in reality was super-acidulous secretions in the stomach. The first menus given him were destined to remove the causes of acidity, which was accomplished in about thirty days. And after this was done he seemed to undergo a complete rejuvenation. His eyesight, hearing, taste, and all of his mental faculties became keener and more alert. He had had no organic trouble—but he was starving to death from malnutrition—and decomposition—all caused by the wrong selection and combination of foods. After six months' treatment this man was as well and strong as he had ever been in his life.

These instances of the efficacy of right eating I have simply chosen at random from

perhaps a dozen Eugene Christian told me of, every one of which was fully as interesting, and they applied to as many different ailments. Surely this man Christian is doing a great work.

I know of several instances where rich men and women have been so pleased with what he has done for them that they have sent him checks for \$500 or \$1,000 in addition to the amount of the bill when paying him.

There have been so many inquiries from all parts of the United States from people seeking the benefit of Eugene Christian's advice and whose cases he is unable to handle personally that he has written a course of little lessons which tell you exactly what to eat for health, strength, and efficiency. This course is published by The Corrective Eating Society of New York.

These lessons, there are 24 of them, contain actual menus for breakfast, luncheon, and dinner, curative as well as corrective, covering every condition of health and sickness from infancy to old age and for all occupations, climates, and seasons, including special summer menus which enable you to withstand the heat and retain winter's vigor.

Reasons are given for every recommendation based upon actual results secured in the author's many years of practice. Technical terms have been avoided—every point is explained so clearly that there can be no possible misunderstanding.

With these lessons at hand it is just as though you were in personal contact with the great food specialist, because every possible point is so thoroughly covered that you can scarcely think of a question which isn't answered. You can start eating the very things that will produce the increased physical and mental energy you are seeking the day you receive the lessons and will find that you secure results with the first meal. And if you suffer from acid stomach it is quite likely that your trouble will successfully be overcome in from 48 to 72 hours.

Many people would gladly pay hundreds of dollars to learn of such an easy, delightful way to obtain health and strength, and freedom from stomach trouble. But Christian desires to place his instruction within reach of everybody. If you would like to test his remarkable method, you can do so without any risk or obligation to purchase.

Simply put your name and address on the coupon below and mail it NOW. Give the postman only \$1.97 (plus postage) in complete payment, when the course arrives. Look the course over carefully. Put it to the test. Judge by results. If you don't notice a great improvement within five days after starting, send it back and your money will be refunded. You can clearly see that an offer like this could not be made unless the publishers were confident that Eugene Christian's methods will produce remarkable results for you as they have for thousands of others.

But immediate action is necessary. Clip the coupon now and send it at once so as to be sure to avoid disappointment. You will surely agree that health, happiness and comfort are worth the trial. Write today. Corrective Eating Society, Dept. 276, 43 West 16th Street, New York City.

*If you prefer to write a letter, copy wording of coupon in a letter or on a postcard.*

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| <input type="checkbox"/> Gas Engine Operating     | <input type="checkbox"/> BOOKKEEPER             |
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(Continued from page 96)

yer. I won't kid yer none—the 'Battler's' got some punch."

For a moment I was silent. Finally I offered him my hand. "I'll take you, Mr. —" I began.

"'Hippo' they call me around here," said he, smiling his boyish smile.

"Well, thank you, 'Hippo'. I'll do my best. There's more in it for me than in chopping wood. When is it to be?"

"Tomorrow afternoon. George Washington's birthday. There's no more of that booze goin' into you tonight! Come on—we'll get a regular meal, and then hit the hay."

As we passed through the barroom, the miners made way for us respectfully. I saw that my antagonist had regained his senses, and now sat up on the dirty floor, staring stupidly about him.

Hippo conducted me to the hotel, and superintended the ordering of my meal. I was very hungry and made short work of the steak and vegetables. When I flagged for a moment in my attack on the food, he cheered me on to renewed efforts.

"You can eat to the limit," said he. "You want to be as strong as a lion tomorrow. The 'Battler' outweighs you some, so go to it."

At last my appetite was appeased, and we went out into the lobby of the hotel. There were several men sitting about, smoking and looking listlessly into the street. As soon as we appeared, all eyes were focused on us. Whispered fragments of their conversation came to our ears.

"That's him," said one.

"Who?" asked another.

"Why, him that licked Hopkins an hour ago. Dick picks him for a tramp, but he's a fighter all the time."

"He don't look much like a fighter. It ain't brought him coin by the look of 'im."

"He can handle his mitts some, for all that. Take a look at Hopkins, and you'll see for yourself. Of course he ain't one, two, three with the 'Battler'. Them makeshifts never makes good with top-notchers. But he's handy in a barroom fight, I'm tellin' yer."

"Will he fight the 'Battler'?"

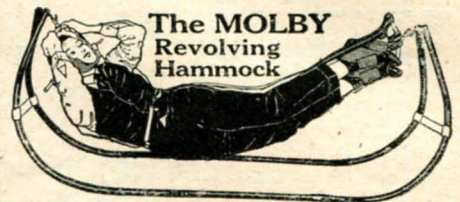
"Sure. Hippo imported him when the 'Kid' beat it. How long do you think he'll last?"

"Not a round if the 'Battler' ain't good natured. What's your dope?"

"About the same. He ain't big enough to stand up for ten. It will be over so quick that it won't be worth the price of a seat. I was hopin' to see a regular fight, till the 'Kid' beat it."

Hippo pulled out a big silver watch, and announced that it was bedtime. We rose, and went out into the hallway. Before we went upstairs, he made me step on a penny weighing machine which stood in a corner.

"One hundred and seventy-five," said



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Revolving  
Hammock

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We will send you the Molby Revolving Hammock for five days on Free Trial. That is the surest and most convincing way to show you the benefits you will derive from this wonderful hammock. Use it for 5 days just as if it were your own and make a note each day of your improvement in health and vitality. Then, if you are not satisfied, return to us. There is no obligation of any sort.

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If you follow the teaching of Dr. Elmer Lee, editor of the **Health Culture Magazine** Every month it is brim full of hints and helps for cures without drugs, and right eating, breathing, exercising, etc. \$2.00 a year; 20c a number—three months "On Trial" for 25c. Send today for your first six months and add to your health. Money back if not satisfied.

HEALTH CULTURE, 360 St. James Bldg., New York



he with his head on one side. "One hundred and seventy about hits it, when you're in fightin' togs. The 'Battler' will have it on you about five."

We mounted the stairs to the little room that he had picked out for me. He made me strip. Finally, when I stood before him naked, his smile broadened and he whistled shrilly between his teeth.

"Say, young feller, you've got some build, you have! Why, you're as hard as nails! Now if you ain't got any yeller in yer, you might last the whole ten rounds. Last—and, by God, I'll make it fifty plunks!"

"Yellow?" said I, stepping forward angrily. "That's a word I don't like."

"No offense, no offense, I didn't mean nothin'; but it seemed to me that a guy put up like you, ought to be fightin' regular. Get to bed now, and I'll give yer a call when it's time to get up. I'll turn out the light."

A moment more and I was in the first bed that I had occupied for months. It felt deliciously soft. Almost immediately I closed my eyes. I heard the sound of Hippo's heavy boots tiptoeing about, then the gentle opening and closing of the door, and finally the clicking noise of the key turning in the lock.

"Hello!" I cried, sitting bolt upright in bed. "What are you doing there?"

There came a suppressed laugh from the hallway. "I've locked yer in," said he. "I don't want any more disappointments like the 'Kid' handed me. Go to sleep now, and I'll let yer out in the mornin'."

"Well, you are a damn fool! I wouldn't have tried to get away."

"Mebbe not," he answered through the keyhole. "But I ain't takin' any more chances since I lost the 'Kid.' Go to sleep, and I'll call yer in the mornin'."

I lay down again, still grumbling. But scarcely had my head hit the pillow, before I was fast asleep. On the eve of my first great battle in the ring, I slept like a little child.

Somewhere people were singing, somewhere people were laughing; but here, in this darkened room, the man who had lost himself lay sleeping the sleep of a tired beast—a beast that on the morrow must go out and battle for its life.

The next installment of  
"FIGHTING MAD"  
will appear in  
PHYSICAL CULTURE  
for July

### Is Timidity Your Middle Name?

ARE you one of the shy, bashful, timid kind, always at a disadvantage in meeting people, and therefore incapable of doing yourself justice in either business or social life?

Is timidity your great problem? If so, do you know what to do about it? In the next number of PHYSICAL CULTURE you will find a suggestion on this subject that has worked out beautifully in many other cases. Don't overlook it.

## Now you can get God's own wheat stone ground—delivered to you!

Ground fresh to your order—shipped same day—honestly priced  
Milled in accordance with the teachings of Alfred W. McCann

### You Don't Pay For a Fancy Name

My stone ground wheat is not sold under a fancy label or name. It is just God's own wheat—the finest grown in the world—and I have built up my business selling it as such. I do nothing to it but clean it, grind it, and ship it fresh from the mill.

Stone Ground Whole Wheat Flour or Meal, taste entirely different. Naturally with such a perfect food, I have never sold it as a medicine to get a fancy price for it. I don't want you to nibble it only when you are constipated or run down. I want you to keep in good health by enjoying it as the daily food your body needs.

### Get It Fresh from the Mill

My mill has grown to such proportions that I can now offer my flour and meal to all readers of Physical Culture. But I must caution you in buying.

Undergerminated wheat will not keep for long periods in hot weather. I don't carry one pound of ground wheat in stock. I grind it to your order and ship it immediately.

I date the label so you will know how fresh it is. By buying direct from my mill, your flour or meal is no older than the time it takes to reach you by mail. At this season you can safely buy ten pounds. You can always reorder.

### Sent Direct—Postpaid

I will ship 10 lbs. (any one, or two items listed) to any place in the U. S. east of the Rockies for \$1.25 postpaid. Upon receipt of your order enclosing check or P. O. Money Order I will grind and ship the same day. Send your order now.

If you don't care about your own health, think of your children. Their bodies crave it. Do not deprive them of it. Absolutely necessary for expectant and nursing mothers.

ELAM CEREAL MILLS

304 South Robey St. : Chicago, Ill.

### Stone Grinding Holds All Vital Elements

I imported a French stone mill, the very finest, because stone grinding is a slow, low temperature process that does not affect the vital elements of the berry. It opens up the cells more completely and brings out all the rich, natural nut-like flavor. Porridge, muffins and bread made from Elam's

Whole Wheat Flour

(Fine)

Graham Flour

Whole Wheat Meal

(Medium)

Cracked Wheat

(Coarse)

Old Fashioned

Yellow or White

Cornmeal

10 lbs.

\$1.25

Postpaid

## Ground to Your Order

## Flat Feet are Dangerous!

Nature warns at first with a pain in the small bone in the arch, slight at first but as the arch breaks down the pain becomes more severe until it becomes almost unbearable.

Science has discovered a very simple method to guard against this danger, to rid anyone of these foot troubles.

### Chiropractors are Recommending NERVEASE to Their Patients

It is now a very easy method to rebuild your arches again no matter what their condition. Thousands of suffering men and women who have tried NERVEASE proclaim its wonderful results.

### Have Comfort at Once

Men and women who have felt the most excruciating pain with each step; marvel at the sudden change that enables them to walk almost entirely without effort. Men who have been unable to enjoy outdoor exercise and were rapidly failing in health, find their renewed vigor and return to health almost miraculous.

### How NERVEASE Secret Produces Results

The whole thing about these new wonderful arch supporters is that they gradually (not suddenly) push the small bone of the arch back in place and make walking a pleasure; it is simply a system of gentle pressure produced by sponge rubber, shaped like the correct arch so that with each step pressure is brought to bear on the misplaced tissues, gently but surely pushing them back into place; then holding in the correct position.

### NERVEASE Saves You Money

Men and women who feel that they must go thru life with flat feet need no longer

suffer the discomforts of weak arches. Need no longer have their shoes made to order at a great expense. Nervease Longitudinal Arch Supporters outlast your shoes, can be changed from one pair to another in a minute; no bother, no exercise, no medicine or plasters to buy, just the result of pure common sense. They will positively do what we say. Instead of telling you to keep off your feet, we tell you to walk as much as you like. Walking with nervease in your shoes will put spring and pep into your stride.

### Send No Money

Fill in the coupon with your name and address, and mail it to us. It will bring a pair of these wonderful arch supporters. Put them in your shoes; wear them. If after a reasonable length of time there is no perceptible improvement, send them back. Surely you are not going to let an opportunity to correct your foot troubles pass by unheeded.

### Send the Coupon



SPONGE RUBBER INNER HEEL CO.  
Dept. A-6, Paterson, N. J.

You may send me a pair of Nervease Longitudinal Arch Supporters. I shall pay the postman \$1.50 plus postage on arrival. This being the full amount.

Name.....

Street..... City.....

State..... Size of shoe.....

Dealers write for interesting Proposition



# NERVOUS AMERICANS

By Paul von Boeckmann

*Lecturer and Author of numerous books and treatises on Mental and Physical Energy, Respiration, Psychology, and Nerve Culture*

We are the most "high strung" people on Earth. The average American is a bundle of nerves, ever ready to spring into action mentally and physically. The restlessness of Americans is proverbial.

We may well be proud of our alert, active, and sensitive nerves, as they indicate the highest state of civilization, courage, ambition, and force of character, but this high nerve tension has not been without its grave dangers and serious consequences. Neurologists agree that we are more subject to nervous disorders than any other nation. Our "Mile a Minute Life" is tearing our nerves to shreds and we are deteriorating into a nation of Neurasthenics.

Since the Nervous System generates the mysterious power we term Nerve Force, that controls and gives life and energy to every muscle, every vital organ, every drop of blood and cell of the body, nerve exhaustion necessarily must result in a long train of ailments and weaknesses.

The noted British authority on the nerves, Alfred T. Schofield, says: "It is my belief that the greatest single factor in the maintenance of health is that the nerves should be in order."

How often do we hear of people running from doctor to doctor, seeking relief from a mysterious "something-the-matter" with them, though repeated examinations fail to indicate that any particular organ is weak or diseased. In nearly every case it is Nerve Exhaustion—Lack of Nerve Force.

The symptoms of nerve exhaustion vary according to individual characteristics, but the development is usually as follows:

**FIRST STAGE:** Lack of energy and endurance; that "tired feeling," especially in the back and knees.

**SECOND STAGE:** Nervousness; sleeplessness; irritability, decline in sex force; loss of hair; nervous indigestion; sour stomach; gas in bowels; constipation; irregular heart; poor memory; lack of mental endurance; dizziness; headaches; backache; neuritis; rheumatism, and other pains.

**THIRD STAGE:** Serious mental disturbances; fear; undue worry; melancholia; dangerous organic disturbances; suicidal tendencies, and, in extreme cases, insanity.

If only a few of the symptoms mentioned apply to you, especially those indicating mental instability, you may be sure your nerves are at fault—that you have exhausted your Nerve Force.

Nerve Force is the most precious gift of nature. It means everything—your happiness, your health, your success in life. You should know all there is to learn about your nerves—how to relax, calm, and soothe your nerves, so that after a severe nerve strain you can rebuild your lost Nerve Force, and keep yourself physically and mentally fit.

I have written a 64-page book which is

pronounced by students of the subject to be the most valuable and practical work ever written on nerve culture. The title of the book is "Nerve Force." It teaches how to soothe, calm and care for the nerves. The cost is only 25 cents (coin or stamps). Address Paul von Boeckmann, Studio No. 14, 110 West 40th St., New York.

The only way to judge the value of this book is to read it, which you may do at my risk. In other words, if after applying the advice given in this book it does not meet with your fullest expectations, I shall return your money, *plus* the outlay of postage you may have incurred. I have advertised my various books on health, breathing and other subjects in this and other magazines for more than 20 years, which is ample evidence of my responsibility and integrity. Over a million copies have been sold.

You should send for this book to-day. It is for you whether you have had trouble with your nerves or not. Your nerves are the most precious possession you have. Through them you experience all that makes life worth living; for to be dull nerved means to be dull brained, insensible to the higher phases of life—love, moral courage, ambition and temperament. The finer your brain is, the finer and more delicate is your nervous system, and the more imperative it is that you care for your nerves. The book is especially important to those who have "high strung" nerves and those who must tax their nerves to the limit. The following are extracts from letters from people who have read the book and were greatly benefited by the teachings set forth therein.

"I have gained 12 pounds since reading your book, and I feel so energetic. I had about given up hope of ever finding the cause of my low weight."

"Your book did more for me for indigestion than two courses in dieting."

"My heart is now regular again and my nerves are fine. I thought I had heart trouble, but it was simply a case of abused nerves. I have reread your book at least ten times."

A woman writes: "Your book has helped my nerves wonderfully. I am sleeping so well and in the morning I feel so rested."

"The advice given in your book on relaxation and calming of nerves has cleared my brain. Before I was half dizzy all the time."

A physician says: "Your book shows you have a scientific and profound knowledge of the nerves and nervous people. I am recommending your book to my patients."

A prominent lawyer in Ansonia, Conn., says: "Your book saved me from a nervous collapse, such as I had three years ago. I now sleep soundly and am gaining weight. I can again do a real day's work."

## What You Can Do for National Health

(Continued from page 21)

any particular school of medicine. It is purely a bill for the encouragement of action in the way of physical training by various states, through financial support from the Federal Government. Furthermore, the passage of this particular bill will tend to make it the government program for national health, and as such will make it more difficult for organized medicine to secure a foothold in the government, and to establish the feared medical bureaucracy, which is foreign to the spirit of American institutions.

Accordingly, your help is needed and you can be of service by writing to congressmen and state senators, and persuading others to write to congressmen and senators, asking them to promise not only to support the bill, but also to secure early consideration of the same.

Then you can perhaps secure supporting action by local clubs, lodges and societies, passing resolutions and sending copies of these resolutions to your congressmen, to the newspapers. In addition, you can secure signed petitions.

Then take the matter up with your local newspapers. Far better than writing to the editor would it be for you to see him personally, and tell him what you think of the whole subject and asking his support. Editors are always very much alive to public movements, and to the interest of citizens in these movements. You can furnish material for use by the newspapers, and if you wish help in this direction, you can get data by writing to Mr. E. Dana Caulkins, Manager National Physical Education Service, 309 Home Building, 13th and F Streets, N. W., Washington, D. C. Mr. Caulkins represents the Playground and Recreation Association of America, and in that capacity is striving to promote public sentiment in favor of this bill.

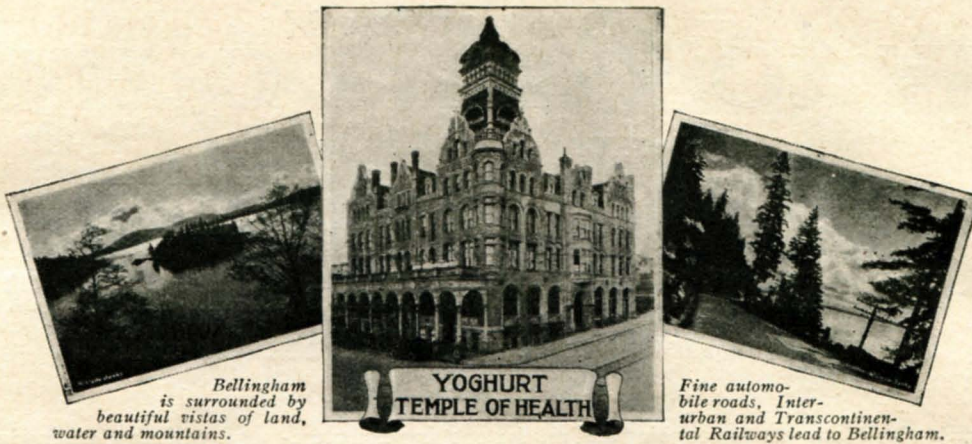
You can next be of particularly effective service in conjunction with work at the Primaries, this being a national election year. Get the leaders of local groups which support this bill to go jointly to candidates for nominations at the Primaries, and request that they commit themselves in advance in support of this measure. Then print their statements.

Finally, you can register as a worker for universal physical education in the schools. If you have an intense interest in the subject, and perhaps a few dollars for stamps and stationery, and a little time to spare, write either to us or to Mr. Caulkins, named above, expressing your desire to be enrolled as a state or district representative of this campaign.

Never forget that there is no opposition to this bill. The country needs it. We all want it. All that is needed to secure its enactment is sufficient pressure, to force Congress to take action.

**Note: Prof. von Boeckmann is the scientist who explained the nature of the mysterious Psychophysics Force involved in the Coulon-Abbot feats; a problem that had baffled the leading scientists of America and Europe for more than thirty years, and a full account of which has been published in recent issues of Physical Culture Magazine.**





# Are you starving to death while eating too much?

If right mineral salts are Lacking your body becomes Too Fat, Too Thin, or Disease sets in. Health and Normal Figure are yours through world-famed Yoghurt Treatment, taken in your own home or in splendid new Yoghurt Sanatorium

**T**HE kind of food you eat determines whether you are sick or well. Almost all diseases in the last analysis can be traced right back to the stomach, the furnace of the highly sensitive organism that we call our body. Bones and sinews, nerves and arteries—all must be built and sustained by the food that enters our mouths.

If this food is lacking in the necessary amount of mineral salts that prevent decay, the very body begins to mould and disintegrate. Disease attacks first where defense is weakest and all too soon the human fortress must yield to the legions of that dread reaper whose name is Death.

Supplying these needed elements of life—these mineral salts—Yoghurt has carried health and happiness into thousands of homes in America—in Europe, and in virtually every land beneath the sun. Yet Yoghurt does this without the poison of drugs or false stimulants. Yoghurt is Nature's simple and direct way, for Yoghurt is food—the right food to correct the ills from which you suffer.

World-famed Burbank vegetables, raised and especially prepared at Burbank, Cal., form the basis of the Yoghurt treatment—vegetables rich in the vitamins that science has found to be the very well-spring of life. Without these mineral salts and vitamins we may literally starve while eating too much of the wrong food. For it is now thoroughly established that in the hurry, bustle and excitement of modern life the average person eats from three to six times as much food as is necessary. Another feature of the treatment consists

of especially cultured Yoghurt, the friendly Bulgarian

bacillus that Metchnikoff and other scientists proved to be one of the greatest of all aids to prolonging human life.

This correct eating revitalizes the blood with surprising speed and carries the new energy, the vital principles, to every organ of the system. With the minute cells throughout the entire body constantly changing, Yoghurt rebuilds and replaces, so ere you know it Nature gives you a complete new body, better than the old, and fortified to resist disease.

Yoghurt has developed to so great a system of human betterment and health, with the Yoghurt foods going to the four quarters of the earth, that it has been necessary to establish the Yoghurt Temple of Health, just opened. Here a limited number of sufferers may take the Yoghurt course of corrective treatments under skilled medical direction and with trained, sympathetic nurses to serve them the Yoghurt foods every two hours during the day and into the night.

This Yoghurt sanatorium is a fine stone building, splendidly equipped with baths, recreation facilities and every advantage that a modern sanatorium should have. It is situated in the midst of one of the most gloriously beautiful lands that God ever created. Before it is Puget Sound with its thousand miles of evergreen shores, and its thousand islands; behind it is white-capped Mount Baker and the wondrous Cascade range of mountains, while the city of Bellingham all about is one of the cleanest, most attractive on the entire Pacific Coast.

As a part of the sanatorium you may spend what time you wish at Lake Padden Lodge, where hunting, fishing and outdoor recreation is at hand but where the white-

robed nurses are constantly in attendance to administer the Yoghurt foods and to help you back to health. Golf links are open to you as a guest of the sanatorium. Here in Bellingham there is no excessive heat in summer and no extreme cold in winter. The winter temperature seldom goes below freezing and 85 is a hot day in summer.

Yoghurt does not claim to cure disease; it can and does remove the cause—wise old Mother Nature can be depended upon to effect the cure. Hundreds upon hundreds of letters from Yoghurt users tell the complete story. We wish we might show you those original letters; gladly will we do so if you come to the Yoghurt Temple of Health. On this page we must satisfy ourselves by printing a few excerpts that will help you to realize what Yoghurt is doing far and wide.

In your home you can take Yoghurt right now. The Yoghurt mineral salts treatment is for less serious cases. The Phoenix treatment a more extended course providing virtually all the food you need for an entire month. Neither is expensive—yet you should not think too much of cost when health is at stake.

Fill out one or both of the coupons below and mail now. Don't continue suffering through delay when relief is so near. Mark the treatise you wish sent to you free, or send 50 cents for the booklet entitled "The Drugless Mineral Salt Treatment and The Neo-Diet" by Andre Thibaut. This booklet is wonderfully interesting and is essential if you are to understand the full and enlightened meaning of Yoghurt. With either coupon we will send you complete information about the Yoghurt Temple of Health, course of treatment, etc., picturing the rooms of the guests, medical rooms, baths, etc.

May we hear from you today?

## What Grateful People Say:

"I found 27 percent solids in your preparations which is the highest mineral salts percentage in any product I have found and analyzed in the United States. They are highly assimilative and I will recommend it wherever possible." Dr. W. HILLER, Los Angeles, Cal.

"I Am Getting New Life Entirely. I Just Think It is a God-send to Suffering Humanity." C. C. G., Sitka, Alaska.

NOTE: Initials are given only; names of writers supplied on request.

"I could never express in words my great gratitude for what your mineral salt treatment has done for me. It has been worth a million times its price to me." Mrs. D. A. P., Wharton, Tex.

"My baby is strong and healthy. I attribute this to the fact that I took your treatment before he was born and while nursing him." Mrs. V., Augusta, Ga.

"I am giving your address to all my friends and getting every one interested I can. I Did Not Know the Secret of Real Health Until I Read Your Literature." H. B., Seattle, Wash.

"I wish to state that your foods saved my life. I have been able to work without the loss of a single day." S. L. T., Misilla Park N. M.

Bellingham

Washington

# Yoghurt

## Back to Health

Mail this Coupon today for Valuable Booklet

Yoghurt Health Laboratories,  
Dept. 21, Bellingham, Washington.

Enclosed please find 50c (stamps or coin) for my copy of "The Drugless Mineral Salt Treatment and The Neo-Diet" by Andre Thibaut, the new "Temple of Health", including rates and pictures of the interior of the sanatorium.

Name .....

Address .....

Fill out the Coupon below and MAIL TODAY  
YOGHURT HEALTH LABORATORIES, Dept. 21, Bellingham, Wash.

Mail me without obligation on my part FREE Treatise on Disease as marked by an X

Stomach Disease  
Tumors  
Kidney Disease  
Liver Disease  
Nephritis  
Neurasthenia  
Pneumonia  
Rectal Disease  
Rheumatism  
Skin Disease  
Constitution  
Diabetes  
Epilepsy  
Gout  
Heart Disease  
Insomnia  
Catarrh  
Constipation

Also please send me FREE complete information about Yoghurt Temple of Health.

Name .....

Address .....



# How to Rid Yourself of Catarrh

**QUICKLY! PERMANENTLY! Without Drugs or Medicines of Any Kind  
Tonsils and Adenoids Cured Without Operation**

By R. L. ALSAKER, M. D.

**I**N children catarrh is often accompanied by sore, enlarged tonsils and adenoids. When this occurs the child becomes a "mouth-breather," the palate is often pushed upward, and the teeth thrown out of line. Mouth breathing is often the cause of laryngitis, bronchitis and asthma.

Dr. Alsaker was consulted by the parents of a little boy named Jimmy. Other physicians and the school nurse said that Jimmy's tonsils must be removed. He had been sensitive and nervous since infancy, he had indigestion and catarrh, and was a confirmed "mouth-breather." Night sweats occurred at times and sore throats were common.

Jimmy was too slender and too pale. His tonsils were so large that they almost met when examined. Of course he had adenoids too. He had profuse nasal discharge, and was fidgety and capricious and had already become somewhat deaf.

The parents feared to have Jimmy's tonsils removed, for they had heard of a child who had bled to death after this operation.

Dr. Alsaker applied his simple methods for the cure of catarrh to Jimmy's case with marvelous results. In a few weeks the catarrh had vanished, the tonsils had shrunk back toward normal, the adenoids disappeared, and Jimmy became a healthy little animal, breathing as freely as any child.

Removal of the tonsils by the knife is not a very safe operation. Death occasionally results; often the sore throat persists. Removing the tonsils is merely cutting out a symptom. Enlarged tonsils and adenoids are both merely effects of wrong living. Dr. Alsaker's common sense, proved-out plan removes the cause of these dangerous conditions.

\* \* \* \*

The majority of the people in our country suffer from catarrh. Some have it from time to time, others have it all the time.

"Catarrh of the head is troublesome—and filthy. Catarrh of the throat causes

coughing and much annoying expectoration. When the catarrh goes into the chest it is called bronchitis. If it is allowed to continue it becomes chronic, and chronic bronchitis means farewell to health and comfort. It robs the sufferer of refreshing sleep and takes away his strength. It also weakens the lungs so that the individual easily falls a victim to pneumonia or consumption.

"Then there is catarrh of the stomach and small intestines, which always means indigestion. Catarrh of the large intestine often ends in inflammation of the lower bowel—colitis.

"Catarrh of the ear causes headache, ringing in the ear and general discomfort.

## Catarrh Causes Serious Disease

"Catarrh of the liver produces various diseases, such as jaundice and gall-stones, and often ends in much suffering from liver colic.

All who easily catch cold, are in a ca-

tarrhal condition. Those who take one cold after another will in a short time suffer from chronic catarrh, which in turn will give rise to some other serious disease—as if catarrh itself isn't bad enough.

"Either you personally suffer from catarrh, or some member of your family is afflicted. Isn't it time to give this serious danger a little attention, before it is too late, and solve the problem for yourself? You can do it. It's easy.

"Catarrh can be conquered easily and permanently. It has been done in thousands of cases. You can cure yourself—and while you are losing your catarrh you will lose your other physical ills. That dirty tongue will clean up; that tired feeling will vanish; that bad taste in the mouth will disappear; that troublesome

gas will stop forming in the stomach and bowels; and the pain will leave your back; headaches will take flight; rheumatism will say good-bye and those creaky joints will become pliant."

Realizing the great need of definite, practical information regarding this terrible disease, catarrh, Dr. Alsaker has prepared a plain, simple instruction book on the cause, prevention and cure of catarrh, asthma, hay fever, coughs and colds, swollen tonsils and adenoids. This book is entirely free from fads, bunk and medical bombast. It sets forth a common-sense, proved-out PLAN, that is easy and pleasant to follow—a plan that teaches the sick how to get well and how to keep well. The name of this book is "Curing Catarrh, Coughs and Colds." It tells the true cause of these objectionable, health-destroying troubles and it gives you a safe, simple, sure cure without drugs, medicines or apparatus of any kind. You apply this wonderfully successful treatment yourself, in your own home without the expenditure of an additional penny. There is nothing difficult, technical or mysterious about this treatment. It is so easy to understand and so simple to follow that any one, young or old, can reap the utmost benefit from it.

## Nature's Laws Alone Cure

If you suffer from colds, coughs, or catarrh in any form, send only \$3, to the publishers of "THE ALSAKER WAY," THE SUCCESS MAGAZINE CORPORATION, Dept

960, 1133 Broadway, New York, and get your copy of this valuable instruction book. Follow the instructions for thirty days; then if you are not delighted with the results—if you do not see a wonderful improvement in your health—if you are not satisfied that you have made the best \$3 investment you ever made—simply remail the book and your money will be promptly and cheerfully refunded.

Remember this: If you want to free yourself forever from catarrh, asthma, hay fever, coughs and colds you can do so. Dr. Alsaker's treatment is not experimental. It is proved-out and time-tested. And it includes no drugs or serums,

sprays or salves. And it costs nothing to follow, while doctor's bills, prescriptions, and so-called patent medicines that do not cure, soon eat a big hole in any man's income.

Send for this book today. Follow it faithfully and you will experience the same splendid results that thousands of others are receiving.



R. L. ALSAKER, M. D.  
Founder and Director  
The Alsaker Way

## EDITOR'S NOTES

If you have been puzzled about the cause of catarrh, adenoids, and enlarged tonsils, this article is going to open your eyes and make you think. Read what these people say about Dr. Alsaker's methods.

"Had catarrh since childhood. Doctors unable to cure me. Now entirely well, thanks to your treatment."—S. N. R., Canada.

"Bronchitis from which I suffered for five years is now a thing of the past."—J. F. Indiana.

"I was badly troubled with catarrh and colds. By following Dr. Alsaker's instructions the disease has disappeared."—H. M., Canada.



## FAT CAN BE REDUCED IN JUST TWO WAYS

Medicines Are Worthless and Generally Harmful



Fat cannot be sweated out—the first drink of water you take after perspiring restores the lost weight—Fat cannot be rubbed off—if rubbing did break it up it would simply float around in the blood and be redeposited elsewhere—It cannot be squeezed out by rubber bands or corsets—massage furnishes a little exercise but squeezing has no effect at all—Consider the above statements carefully and you cannot help but acknowledge their soundness.

### THE REAL SOLUTION IS SIMPLE AND IT WORKS

Fat enters the body when food is consumed in excess of one's needs; it can be removed by lessening the fat making food intake or by muscular exercise. There is no other way for it to get in or get out. Therefore to lose fat, eat less food that makes fat, or take more exercise that consumes fat—or do both. But above all remember there is no question as to whether the treatment will work or not. All other ills of the body may sometimes fail to respond even when the best known methods are applied. Not so with obesity. The cause and elimination of obesity is a matter of mathematics and there is no argument about it. If you draw out more from your bank account than you put into it, the amount will be reduced—and in like manner so will you.

### IN HIS NEW BOOK ENTITLED "HOW TO REDUCE WEIGHT" Bernarr Macfadden

gives you the complete regime for weight reduction including full dietary instructions, actual menus, food classifications and reduction exercises. It is simply told and is as simple to carry out. By diet and exercise he does not mean starving and working yourself half to death. It is simply a reasonable readjustment of your life along pleasant natural lines that you will thoroughly enjoy and which will improve your general health. It is by all odds the most thorough and effective work on weight reduction that we have ever seen. Only 50c post-paid—send for it today. Clip this ad—enclose with 50c and mail to us.

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## Why We Must Have National Physical Training

(Continued from page 20)

compulsory peace-time military training. Even if we had universal and compulsory military training it would not remedy the evils from which the nation is suffering because it comes too late in life. Thirty per cent of the New York National Guard were rejected after years of military drill because they were not fit for service.

Moreover physical training will help our girls. If we need any one thing above another it is sound, healthy mothers. One reason, perhaps the controlling reason, for the appalling decline in the American birth rate is the lack of physical culture for our girls. This decline is so serious that the race of Americans, those whose ancestors came over here half a dozen generations or more ago, is threatened with extinction in the next hundred years. Let me reiterate for the sake of emphasis my conviction that the continued existence of the American Nation depends upon adequate universal physical culture.

In the spring of 1917 a meeting of leading physical educators from all over the country was called to Atlantic City by the United States Commissioner of Education. This group formed itself into a National Committee on physical education and proceeded to draft a bill to provide therefor. In preparing the bill advice was received from practically all the leading physical educators in the country from the Atlantic to the Pacific, from the Soo to the Rio Grande.

The fundamental aim of the bill is to give every child between the ages of six and eighteen the opportunity for a periodic health examination, practical instruction in the principles of healthful living and training in physical activities which insure a high degree of resistance to disease and a properly coordinated physically efficient body. The schools with the cooperation of the departments of public health furnish the most effective existing machinery through which to work out this program. The bill proposes that the National Government shall appropriate \$10,000,000 to be divided pro rata among the States on condition that each State contribute at least an amount equal to its pro rata share in order to benefit by the Federal appropriation.

The bill is careful to show due deference to the safeguarding of State autonomy and insure that the work done will measure up to reasonable minimum standards; no arbitrary authority is given to any Federal official or department. Federal authority is to administer only the explicit provisions of the act.

The Fess-Capper bill, as it has come to be known, provides for the establish-



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To all those faithfully following our instructions we absolutely guarantee a wonderful rejuvenation of the entire body. We guarantee that you can reduce or increase to your proper weight, overcome headaches, nervousness, indigestion and insomnia, become strong and agile, full of pep, vitality and enthusiasm, that you can accomplish more and better work and properly enjoy your leisure hours. All this from a few minutes of pleasant practice each day.

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ment of a Division of Physical Education in the Bureau of Education, which shall be equipped to administer the act and to cooperate with those States desiring assistance for increasing the quantity and improving the quality of their physical education programs. The United States Public Health Service is authorized to cooperate with the Bureau of Education and with the States in giving technical advice relating to health supervision.

It seems to me sound policy to place the responsibility for this program in the hands of the educators. The relationship of the health authorities should be advisory. The bill provides that there shall be no discrimination between the various recognized schools of medicine and that nothing in the act shall be interpreted as requiring minors to receive medical examination or treatment against the expressed wish of their parents or guardians.

One surprising fact disclosed by medical examinations for the draft was that country boys were inferior to the average city boy in physical development, strength and health. As two-thirds of the population which will be affected by the proposed law lives in the country the matter is of vital concern to them. The bill has been drawn with a full appreciation of the fact that no other means of providing the physical culture so greatly needed is available or suggested. Small country schools obviously cannot afford to employ special teachers of physical culture. Under the provisions of the Fess-Capper bill the regular teachers will be trained so as to be competent to take charge of physical education, which is at least as important as mental.

The action proposed is justified constitutionally under the National defense and public welfare clauses. Precedent for such legislation exists in the Smith-Lever and Smith-Hughes laws and also the Federal aid to highways included in the Post Office appropriation bill. The success of these bills in promoting the quantity and quality of work done by the States cannot be denied. The proposed physical culture bill is even more vital to National defense and National welfare than any one of the bills mentioned, or even of all of them combined.

In this connection it is interesting to note that during the war England in its National education bill included the requirement that all school authorities provide adequate physical education as a regular part of the school curriculum. France has also undertaken the introduction of physical training on a National scale in the schools and industries. Japan has had universal physical training for a decade. Even Peru has undertaken a similar program.

Of further interest is the fact that no fewer than eighteen National organizations have indorsed this specific bill, and that thirty-two others have formally expressed a desire for such legislation.



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**NATURE** does her utmost to give every woman her rightful heritage—shapely calves and properly proportioned ankles.

Why is it, then, that out of 100 women twenty-seven years old with well proportioned legs, only 11 retain this natural beauty at forty?

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## Let me tell you free of charge

how you can help rather than hinder Nature in her efforts to reach your ideal. Check the list below and write me frankly of your shortcomings.

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- ☐ Thin, spindly calves
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- ☐ Fat, heavy, unshapely calves
- ☐ Legs so developed as to appear slightly deformed, or bowlegged

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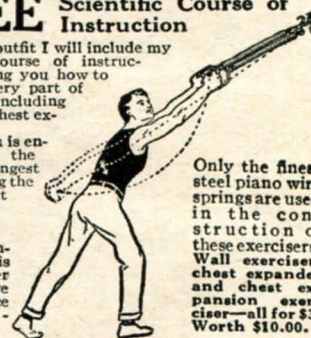
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SCIENCE is giving new complexions for old through a marvelous new discovery! Dull, coarse, blemished skins are being transformed into exquisite softness and smoothness—almost at once. Years of scientific research and experiment have finally revealed the elements which, when combined in certain exact proportions, remove the dead scales on the surface of the skin, clear the pores of every impurity, and leave the complexion as clear and charming as a child's.

The skin is provided by nature with millions of tiny pores with which to expel acids and impurities. When dust bores deeply into these pores and clogs them, the impurities remain in the skin. The result is not always noticeable at first. But soon the complexion becomes dull and harsh. Suddenly the face "breaks out" in pimples and blackheads. And if the impurities are still allowed to remain, the complexion becomes ruined entirely.

## The New Discovery Explained

Certain elements, when correctly combined according to a chemist's formula, have been found to possess a powerful potency. These elements, or ingredients, have been blended into a soft, plastic, cream-like clay, delicately scented. It is applied to the face with the finger tips—just as a cream would be applied.

The name given to this wonderful discovery is Domino Complexion Clay. The moment it is applied, every one of the millions of tiny pores in the skin awaken and hungrily absorb the nourishing skin-foods. In a few minutes the clay dries and hardens, and there is a cool, tingling, pleasant sensation as the powerful clay draws out every skin impurity. You will actually feel the tiny pores breathing, relaxing, freeing themselves with relief from the impurities that clogged and stifled them.

Allow Domino Complexion Clay to remain for a little while. You may read, or sew, or go about your household duties. All the while you will feel the powerful beauty clay doing its work, gently drawing out impurities and absorbing blemishes. A warm towel will soften the clay, and you will be able to roll it off easily with your fingers. And with it you will roll off every scale of dead skin, every harmful impurity, every blemish. A hidden beauty will be unmasked—beneath the old complexion will be revealed a new one with all the soft, smooth texture and delicate coloring of youth!

## Not a Cosmetic; Guaranteed Harmless

Domino Complexion Clay does not cover up blemishes and impurities—but removes them *at once*. It cannot harm the most sensitive skin. There is a feeling almost of physical relief as the facial pores are relieved, as the magic clay draws out the accumulated self-poisons and impurities. You will be amazed when you see the results of only one treatment—the whole face will appear rejuvenated. Not only will the beauty of your complexion be brought to the surface, but enlarged pores will be normally closed, tired lines and bagginess will vanish, mature lines will be softened. Domino Complexion Clay brings life and fervor to every skin cell and leaves the complexion clear, firm, smooth, fresh-looking.

## Special Introductory Offer

In order to enable everyone to test this wonderful new preparation, we are making a very special free-examination offer. If you



*This marvelous new discovery absorbs blemishes, and impurities, lifts away the coarse, dull, unsightly complexion and unmasks an entirely new complexion underneath—one as soft and smooth and charming as a child's! It cannot harm the most sensitive skin.*

send in your application now a jar of Domino Complexion Clay will be sent to you at once, freshly compounded and direct from the Domino House. Although it is a \$3.50 product and will cost that much ordinarily, you may pay the postman only \$1.95 (plus a few cents postage) in full payment. And despite this special low introductory price you have the guaranteed privilege of returning the jar and having your money refunded at once if you are not delighted with results.

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## State Bank of Philadelphia

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*A. W. Wanshoff*

President.

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Don't fail to take advantage of this free-to-your-door introductory price offer. No matter what the condition of your complexion may be, Domino Complexion Clay will give it a new radiant beauty—for it is a natural preparation and works *always*. You won't have to wait for results either. They are immediately evident.

Just mail the coupon—no money. Test for yourself this remarkable new discovery that actually lifts away blemishes and reveals a charming, beautiful new complexion. Don't delay. Clip and mail the coupon now, while you are thinking of it. Domino House, Dept. 226, 269 South 9th St., Philadelphia.

DOMINO HOUSE, Dept. 226,  
269 South 9th St., Philadelphia, Pa.

Without money, in advance, you may send me a full size \$3.50 jar of Domino Complexion Clay. When it is in my hands I will pay the postman only \$1.95 (plus few cents' postage) in full payment. I retain the privilege of returning the jar within 10 days and having my money refunded if I am not surprised and pleased with the wonderful results. I am to be sole judge.

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## The Real Secret of Keeping Young

By Bernarr Macfadden

HOW long do you expect to live? This is a serious question asked in all seriousness. And it deserves serious consideration on your part. If you are a man or woman of middle age, where do you expect to be ten years from now? And if you have left middle-age behind, if you are 50 or 60 or 70, where do you expect to be ten years from now? What would you give to be able to defy old age for ten or twenty years beyond your time, to live to 80, 90 or 100 in perfect health, retaining vitality and power of mind to the very last?

### YOU CAN DO IT

The difference between youth and old age is not a matter of years but of the ability of your body to eliminate waste and to replace its worn out cells.

Just so long as your system can throw off impurities as rapidly as created and replace worn out cells with new ones, youth remains.

But when waste matter is no longer eliminated promptly and broken down cells are no longer immediately replaced, poisons accumulate, the blood stream grows impure, the flesh begins to lose its firmness—old age is at hand.

It is obvious then that if you could permanently retain the eliminative and recuperative powers you had at twenty-one you would virtually remain twenty-one indefinitely.

"The Real Secret of Keeping Young" tells you how to retain these powers—not forever of course but for many years longer than you ordinarily would. It is filled with priceless knowledge that you need to know. Not magic but a world of common sense.

This incomparable book consists of 38 chapters sub-divided into six important classifications:

Maintaining Youth  
Exercise and Keeping Young  
Keeping Internally Clean

Food and Diet for Deferring Old Age  
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All exercises and instruction relative to diet carefully adapted to the requirements of the individual who has attained middle-age or over.

### OUR SPECIAL OFFER

All that this description can hope to accomplish is to give you a general idea as to the absolute reasonableness and broad scope of this great treatise, but to really appreciate its completeness, its practicability, its helpfulness you must examine it at your leisure. We are confident that once you see it you will not wish to be without it. Accordingly, we will gladly forward a copy upon your request for 5 days' examination. It is priced at only \$3.00. Pay that amount to the postman at the time he makes delivery but with the understanding that you have 5 days in which to study it. If during that time, you decide for any reason whatsoever that you do not wish to keep it you can send it back for a prompt refund of your money. We take all the risk. Use the coupon.

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Please send me Bernarr Macfadden's course "The Real Secret of Keeping Young" for five days' examination. I will pay the postman \$3.00 upon receipt, but it is fully understood that if at the end of 5 days I do not wish to keep the course I may return it, and my money will be refunded immediately.

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## Love and Marriage 100 Years from Now

(Continued from page 52)

dared to be. Men demanded such things because they found them passionately exciting, nudity being practically unknown. Now there is nothing exciting in nudity, which is a commonplace; and moreover, a woman who would now expose any part of her body unnecessarily would be looked on as mentally diseased. If you go to the seashore any day you will see countless men and women and children nude, but you will never see anyone paying any attention to anybody. Naturally if a man or woman is especially beautiful he will attract attention for that reason, but never because of sex. In your day people wore clothes for the sake of decency; now we wear them for convenience. Sex passion was the ruling factor of your lives; but now when we are far more virile than in your day sex passion while accepted as the most beautiful of physical emotions does not overwhelm our lives."

William shook his head slowly. "I know that what you say is true," he admitted; "and I confess I find it very beautiful, but it is very difficult for me to rid myself of the old feeling. Why, such a conversation as this would have been unthinkable in my day. The odd part of it is that in my time everybody thought of these things, but didn't speak of them, whereas now you talk of them freely, but don't think much about them."

"Well," interjected little Polly, who had listened with deep interest, "I'm glad I live now instead of then. If it were unclear to think of unborn babies, I'd be awfully unclear, for I love to think of the babies I shall have."

"Yes," said William, nodding his head and looking at her with affectionate eyes; "and it is knowing that a pure, sweet little girl like you thinks and talks of the things you do that has helped me more than anything else to see how dreadful and degrading the old way was."

Polly flushed with pleasure, but spoke up loyally for her sister. "Dorothy's just as pure and a great deal sweeter than I am, William."

"Polly!" cried Dorothy deprecatingly. "Well, it's so," insisted Polly. "I have a worse temper than she has, haven't I Mother?"

"You have a quicker temper," answered Mrs. Mason. "I don't think it is any worse. Besides you are learning to control your temper. But Dorothy is pure and sweet enough for anybody. You agree with me, don't you Oliver?"

Everybody laughed, and I answered, "Absolutely," with a great deal of fervor.

William had laughed, too, but when there was quiet, spoke with an air of seriousness. "I've been wanting to speak to Dorothy," he said, "to tell her that I was ashamed of the way I acted about her



nudity. I can see now and have been seeing that it was my own impurity that caused me to misunderstand her. The first time I saw her I admired her wonderful beauty, but insisted to myself that I mustn't admire it because it was wrong to do so. It only shows what a terrible hold an idea can have on one. I apologise very humbly, Dorothy."

"Oh, William!" protested Dorothy, "there is no need of an apology at all. Please tell us if our screen plays are much different from yours?"

"Vastly different," was his quick response. "To begin with, we had our theatres so dark you could scarcely see two yards away, while yours are pleasantly light. Then the figures on your screen look like real people and act like real people. Why, sometimes I actually seemed to hear what they were saying. We always had words thrown on the screen to describe what the actors were doing or saying; and that always spoiled the illusion. Your play went along to-night without any interruption, and yet I knew from first to last what was going on."

"Yes," agreed Mr. Mason, "I've seen some of the screen plays of your time, and I know that what you say is true. And how childish some of them were! But I have read that the men who produced picture plays in the early days were of a low order of intelligence and measured the minds of others by their own. That is why they produced pictures so poor in quality. Of course, too, it makes a great difference that we have learned to take photographs in the natural colors of the things we picture. I find it very odd when I see the old pictures in black and white."

I would like very much to go on and repeat all that was said that evening, for much was brought out that showed us how much we had to be thankful for in the changed conditions of our day. Since William had begun to get our point of view his explanation of the attitude of the old, evil times was strangely interesting. But I must get on with my story in which, incidentally, William played his part.

## CHAPTER XII

Preparations for our wedding went on very actively because of the short time intervening before it. My mother was at the Mason home a great deal of the time, she and they having come into the most delightful relations, based on mutual respect and liking. Mother and William, too, had conceived a great esteem for each other; and William, who was much given to jesting, declared he couldn't make up his mind whether to have little Polly or Mother for the future Mrs. Harris.

I was busy, too, but not in preparation for the wedding; I was occupied in arranging for the production of Orton, my  
(Continued on page 110)

# "Nerves"

*A stealthy and destructive affection which is robbing the strength of the American people*

By W. Charles Loosmore, M. A.

International specialist and author of numerous treatises on nervous disorders

**W**E are fast becoming a "Nation of Nerves." The conditions under which we live are unnatural. Our nerves are tense—our vitality at low ebb. On every hand we hear of nervous prostration, breakdown, fatigue, weakness, insomnia, the blues, upset stomach, or unsteady heart—all signs of Neurasthenia or Nerve-weakness.

Throughout the world Americans are known to be nervous and high-strung. The causes are obvious—our intensive manner of living, our reckless waste of energy, our impetuous dash after the rewards of life. These same causes have made us a great nation, but the sacrifice has been terrific. Recent medical statistics disclose a startling increase in insanity and nervous disabilities. Fully seventy-five per cent. of all the people who apply to physicians for help are nervous patients.

The vast majority of people lack Nerve Energy. As a result their work is interrupted or given up for good, their minds harassed by doubts and fears, their bodies incapacitated, and they exhaust every effort in a vain search for health.

*What do you mean by nerve energy? What are the prime essentials for nerve cell restoration? How can neurasthenia and its attendant ills be avoided?*

As to the nature of nerve energy comparatively little is known. Science has discovered, however, that the nerve cell has within it certain chemical compounds which constitute its energy. It is this nervous energy which expresses itself in sensation, consciousness, memory, reasoning, feeling and movements of the body. Impair this mysterious flow of energy and the vital organs cannot act. Disease and death inevitably follow.

When it is remembered that the brain and spinal cord contain probably some 3000 millions of nerve cells, we get some idea of the immensity and complexity of the nervous system. We begin to realize the serious results which must follow when, through exhaustion, its natural efficiency is impaired. If we could make a model of the human brain using for its nerve fibres wires so small as to be barely visible to the eye, in order to find room for all the wires employed, space considerably larger than that of Wanamaker's great store would be required.

When we speak of nervous breakdown, therefore, we are speaking of the breakdown of the most marvelous piece of mechanism in the world. If we overburden the nerves with worry, anger, overwork, excitement and grief; if we use up more nerve energy than the cells can produce, neurasthenia or nervous breakdown is bound to follow.

Only those who have suffered from Nervous Breakdown can realize its horrors. Words cannot describe its tortures. Loss of mental and bodily vigor, inaptitude for work, disturbed sleep, irritability of temper, restlessness, vague pains, constipation, nervous indigestion, lack of sex force, and even insanity.

If you suffer from dissatisfaction, lack of confidence, a sense of being alone and shut in to yourself, doubt, anxiety, fear, worry, self-

depreciation, lack of interest in outside affairs and pessimism, you are entering the first stage of Nervous Breakdown. These are Nature's Danger Signals warning you to replenish your supply of nervous energy.

You must cultivate an additional supply of Nerve Power. An abundance of nerve power brings personal magnetism, driving energy, the ability to think quickly and clearly. It banishes a host of physical ills like the sun drives away the morning mists.

With nerve power you face the day's problems with courage and fortitude. Burdens are borne with a smile and their weight becomes negligible. When a crisis comes the man or woman with nerve power meets it calmly—and wins, while the man or woman without nerve power is soon forgotten.

Science has found the way for men and women to cultivate nerve power—and to harness it to do their bidding. You can learn the secret through a few hours of reading. My publishers have recently issued a new book "Nerves and the Man" based on my lifetime experience in treating nervous disorders. I believe this book contains a message of inestimable value to every man and woman in America. "Nerves and the Man" considers the causes of Nervous Breakdown and tells

specifically what the remedies are. It is not based on theory and platitudes, but is the result of a life time of practical investigation.

I want you to secure this unusual book so that you can judge it for yourself. You will not be obligated to buy it. I have arranged with my publishers so you need not send a penny in cash. Just fill out the coupon below and send it to the publishers to-day. When the book comes, pay the postman \$2.97. Then examine it for five days and see for yourself the message it carries. If you think you can get along without it send it back and your money will be refunded immediately. I am anxious to have every reader of Physical Culture examine my book. Send the coupon now. You risk nothing.

## PERSONALITY PRESS,

Dept. 136,

2575 Broadway, New York City

Please send me W. Charles Loosmore's new book "Nerves and the Man," cost to be \$2.97. When it comes I shall pay the postman. If I am not entirely satisfied in every way and if I do not feel it is worth many times the price I shall return it to you in five days and you will refund all the money I have paid for the book immediately.

Name.....

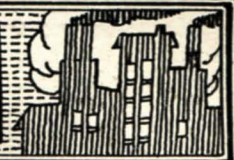
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Remittance should accompany Canadian and foreign orders.



**Physical Culture**  
CLASSIFIED

## BUSINESS OPPORTUNITIES AND SERVICES



The rate for classified advertising in Physical Culture is 25 cents a word cash with order. Address all orders or inquiries to Classified Advertising Manager, Physical Culture, 119 W. 40th St., N. Y. C.

### Agents Wanted

**Agents—Best Seller: Jem Rubber Repair** For tires and tubes; supersedes vulcanization at a saving of over 800 per cent.; put it on cold, it vulcanizes itself in two minutes, and is guaranteed to last the life of the tire or tube; sells to every auto owner and accessory dealer. For particulars how to make big money and free sample, address Amazon Rubber Co., Philadelphia, Pa., Dept. 600.

**Sales Agents. Men Or Women. \$240 A Month.** Steady employment. Take orders for Jennings New Guaranteed Hosiery for men, women, children. Written guarantee with each pair to wear and give satisfaction or new hose free. All styles. Finest silk hose. Low priced. Write for complete line of samples. Big money for spare time. Jennings Mfg. Co., Dept. 366, Dayton, Ohio.

**\$1,080 Made By Wingo In Six Weeks Selling Never Fail Razor Sharpeners.** Purdy made \$40.50 first day. Other inexperienced men cleaning up big money. Applewhite, La., six orders in thirty minutes. Hurry—Investigate—exclusive territory. Write today. Never Fail Co. 134 Allen Bldg., Toledo, Ohio.

**Agents—1922's Greatest Sensation. 11 Piece toilet article set selling like blazes at \$1.75 with \$1.00 dress maker's shears free to each customer. Line up with Davis for 1922. E. M. Davis Co., Dept. 265, Chicago.**

**Ladies—Earn Money Through Control Of Dr. Blair's Famous Toilet Articles.** Big, permanent business can be built in short time. Remarkable sample line and selling plan. Particulars on request. Blair Laboratories, Dept. H13, Lynchburg, Virginia.

**Big Money And Fast Sales. Every Owner Buys Gold Initials for his auto. You charge \$1.50; make \$1.35. Ten orders daily easy. Write for particulars and free samples. American Monogram Co., Dept. 73, East Orange, N. J.**

**Agents: Wireless Umbrellas. I Am Paying \$2 An hour, taking orders for this newest invention. Send for 5-part outfit. Six-inch, midget demonstrator free. Parker Mfg. Co., 380 Dike Street, Dayton, Ohio.**

**Agents—\$60, \$200 Week; Free Samples: Gold sign letters; anyone can put on store windows; big demand; liberal offer to general agents; Metallic Letter Co., 429-D, N. Clark St., Chicago.**

**\$75.00 To \$150 Weekly. Free Samples. Lowest priced gold window letters for stores, offices and autos. Anyone can do it. Large demand. Exclusive territory. Acme Letter Co., 2800G, Congress, Chicago.**

**Agents—Wonderful Seller. 96c Profit Every dollar sales. Deliver on spot. License unnecessary. Sample free. Mission, Factory 9, 2421 Smith St., Detroit, Mich.**

**Agents—Make A Dollar An Hour. Sell Mendets, a patent patch for instantly mending leaks in all utensils. Sample package free. Collette Mfg. Co., Dept. 469, Amsterdam, N. Y.**

**Agents Wanted To Advertise Our Goods And distribute Free Samples to consumer. 90c per hour. Write for full particulars. American Products Co., 5894 American Bldg., Cincinnati, Ohio.**

**"Sell Necessities"—Everybody Needs And Buys the "Business Guide."** Bryant cleared \$800 in thirty days. Send for sample. It's free. Nichols Co., Dept. 12B, Naperville, Ill.

**Agents Wanted Are Easily Found By Classified ads. Write to-day for FREE folder. Classified Advertising Dept., Physical Culture, 119 West 40th St., New York.**

**Large Manufacturer Wants Agents: Sell Advertised brand men's shirts direct to wearer. No capital or experience required. Free samples. Madison Mills, 505 Broadway, New York.**

**Sell Perfume Blocks. One 50c Block Perfumes entire rooms, clothes closets, toilets, for months. 100% profit. International Chemical Co., Box 174Y, Cleveland, Ohio.**

**A Business Of Your Own—Make Sparkling Glass name plates, numbers, checkboards, medallions, signs; big illustrated book FREE. E. Palmer, 510 Wooster, O.**

**Agents—Our Soap And Toilet Article Plan Is A wonder. Get our free sample case offer. Ho-Ro-Co., 179 Locust, St. Louis.**

### Help Wanted

**Ambitious Men, Women: \$40.00, \$150.00 Weekly.** Become advertising writers. Students frequently earn \$20.00, \$40.00 weekly while learning. Prepare quickly at home spare time. We assist you to positions. Write Applied Arts Institute, Dept. 257, Witherspoon Building, Philadelphia

**\$133 Month Commence. Government Railway Mail Clerks. Men—boys over 17. Steady. Common education sufficient. List positions free. Write immediately. Franklin Institute, Dept. D73, Rochester, N. Y.**

**All Men—Women Over 17, Willing To Accept Government Positions \$135 (traveling or stationary) write Ozment, 200, St. Louis, Mo.**

**P. C. Colony Magazine, 25c. Partner Or Assistant wanted. Oscar Schleif, Apla, Samoa.**

### Male Help Wanted

**Detectives Earn Big Money. Excellent Opportunity. Travel. Fascinating work. Experience unnecessary. Particulars free. Write, American Detective System, 1968 Broadway, N. Y.**

### Business Opportunities

**You Can Have A Business Profession Of Your own and earn big income in service fees. A new system of foot correction; readily learned by anyone at home in a few weeks. Easy terms for training; openings everywhere with all the trade you can attend to. No capital required or goods to buy, no agency or soliciting. Address Stephenson Laboratory, 8 Back Bay, Boston, Mass.**

**We Start You In Business, Furnishing Everything: men and women, opportunity to earn \$1,500 to \$7,500 yearly, operating our "New System Specialty Candy Factories" anywhere. Booklet free. W. Hillier Ragsdale, Drawer 44, East Orange, N. J.**

**You Can Earn A Free Course Of Sanitarium treatment, a course in natural methods, a month's vacation at Diamond Lake or a course in physical culture nursing. Write for particulars. Crane Sanitariums, Elmhurst, Ill.**

**Be Independent. We Teach By Mail How To manufacture unexcelled toilet preparations. Earn while you learn. Results guaranteed. Particulars free. School of Cosmetics, Box M, Omaha,—Nebr**

**This Is Your Opportunity. Send To Day For free folder. Tells all about classified ads. Write Classified Advertising Dept., 119 West 40th St., New York.**

**"The Schemer," Alliance, Ohio, Prints Big profit schemes: one subscriber made \$25,000 from three; another \$10,000 from one. Try your luck. Year, \$1.00; three months, 25c.**

### Patents

**Patents—Write For Illustrated Guide Book And Evidence of Conception Blank. Send model or sketch of invention for our free opinion of its patentable nature. Highest references. Prompt attention. Reasonable terms. Victor J. Evans & Co., 805 Ninth, Washington, D. C.**

**Patents—Send For Free Book. Contains Valuable information for inventors. Send sketch of your invention for Free Opinion of its patentable nature. Prompt service. (Twenty years' experience.) Talbert & Talbert, 421 Talbert Bldg., Washington, D. C.**

**Inventions Wanted. Cash Or Royalty. For Ideas. Adam Fisher Mfg. Co., 161, St. Louis, Mo.**

### Patent Attorneys

**Inventors. Should Write For Guide Book "How To Get Your Patent," tells terms and methods. Send model or sketch for our opinion of its patentable nature. Randolph & Co., Dept. 335, Washington, D. C.**

### Patents for Sale

**I Sell Patents. Established in 1900. To buy or sell, write Charles A. Scott, 773C, Garson Avenue, Rochester, New York.**

### Printing and Engraving

**Attractive Printing—Letterheads, Envelopes, Etc. for druggists physicians and others at lowest prices. Samples and quotations furnished. Service Printers, 506 West 45th St., Chicago, Ill.**

**1000 Printed Letterheads Or Envelopes \$2.50. Roessler, Roseville, N. J.**

### Typewriters

**Typewriters All Makes \$15.00 Up. Guarantee five years; one month's free trial. Special proposition to agents. Typewriter Exchange, Fordham, N. Y.**

### News Correspondents

**Earn \$25 Weekly, Spare Time, Writing For Newspapers, magazines. Experience unnecessary, details Free. Press Syndicate, 1006 St. Louis, Mo.**

### Photoplays, Short Stories, Etc.

**Free To Writers—A Wonderful Little Book Of Money-making hints, suggestions, ideas; the A B C of successful Story and Play Writing. Absolutely free. Just address Authors Press, Dept. 54 Auburn, N. Y.**

**Photoplays Wanted For California Producers; also stories for publication. Submit manuscripts, or, if a beginner, write for Free Plot Chart and Details. Harvard Company, 323, San Francisco.**

**Exchange Plots For \$5. Photoplay Ideas Accepted any form; revised, typed, published, copyrighted, sold Advice free. Universal Scenario Corporation, 920 Western Mutual Life Bldg., Los Angeles.**

**Ambitious Writers Send Today For Free Copy. America's leading magazine for writers of photoplays, stories, poems, songs. Instructive, helpful, Writers' Digest, 689 Butler Building, Cincinnati.**

**\$25 to \$300 Paid Anyone For Ideas, Suggestions suitable for photoplays. Experience unnecessary; complete outline Free. Producers League, 531 St. Louis, Mo.**

**Earn \$25 Weekly, Spare Time, Writing For Newspapers, magazines. Experience unnecessary, details Free. Press Syndicate, 1006, St. Louis, Mo.**

**Short Stories, Poems, Plays, Etc., Are Wanted or publication. Literary Bureau, 144, Hannibal, Mo.**

### Miscellaneous

**\$6-\$18 A Dozen Decorating Pillow Tops At Home, experience unnecessary; particulars for stamp. Tapestry Paint Co., 109, LaGrange, Ind.**

**Just What You Have Been Looking For. Free folder. Tells all about classified advertising. Write Classified Advertising Dept., Physical Culture, 119 West 40th St., New York.**

**Free Formula Catalog, Laboratories, Boylston Bldg., Chicago.**

**Physical Culture**  
CLASSIFIED

## SCHOOLS AND EDUCATIONAL



### Automobiles

**Automobile Owners, Garagemen, Mechanics, repairmen, send for free folder, medium size. It contains helpful, instructive information on overhauling, ignition troubles, wiring, carburetors, storage batteries, etc. Over 140 pages, illustrated. Send for free copy today. Automobile Digest 504 Butler Bldg., Cincinnati.**

### Schools and Colleges

**Make Money Writing For Newspapers. \$2000 To \$10,000 yearly; good pay for spare time work. Experience unnecessary. Men and women needed everywhere; editorial, reporting, special articles, stories, sports writing, local correspondence, etc. Special privileges, Press Pass, etc. Qualify quickly in spare time at home under veteran newspaper men. Fascinating Book FREE. Explains everything. Write today. Newspaper Training Association, Dept. 36, New York City**

**Study Chiropractic In The Land Of Sunshine.** Our regular \$450 2400-hour, 3200-hour, 4000-hour, or 4300-hour course, (each hour fifty minutes), now given for \$370. Installments. We invite you to attend one week free on trial. No obligation. Los Angeles College of Chiropractic, 931 South Hill St., Los Angeles, Calif. Dr. Charles A. Cale, D.C., Ph.C., Pres. Catalogue free.

**Study Chiropractic In California. High-class Straight Chiropractic instruction. Ratledge System Chiropractic School. Established 1908. Ratledge Philosophy. Ratledge Superior System vertebral adjusting taught Exclusively. T. F. Ratledge, Founder, President. 703 Pacific Electric Building, Los Angeles, California. Enroll any time. Write for particulars.**

**Elmhurst School Of Physical Culture Nursing. Elmhurst, Ill. Learn a dignified, well-paying profession at home during spare moments. Privilege of three months' sanitarium training.**

**Summer School, Beginning Classes In Ophthalmology and Chiropractic. Oskaloosa College, Oskaloosa, Iowa.**

**Study Chiropractic In Ohio. High Standard. Splendid faculty. Only high school graduates accepted. Write for catalogue. Dickinson Chiropractic College, Inc., High Street at Long, Columbus, Ohio.**

### Instruction

**Want To Be A Writer? A Successful Author's personal, unique help-service will save your time, money and effort. Send manuscript for estimated fee or write fully. No obligation. AUTHOR, Box 186-P, Madison Square Sta., New York.**

**Amateur Acrobats, Clowns—Easy Method—Illustrated instructions. Advanced Ground Acrobatics complete, including apparatus plans. \$2.00—JINGLE HAMMOND—ADRIAN, MICH.**

**Learn How To Increase Your Business. Write Classified Advertising Dept., Physical Culture, 119 W. 40th St., New York for FREE folder.**





# HEALTH BUILDING



## Health Resorts

**Rose Valley Sanitarium; Box A, Media, Pa.** A lovely home-like building, sixty-five acres of wonderful farmland, efficient staff, thorough physical examinations and the conscientious and persistent application of such proven remedies as Osteopathy, Massage, Exercise, Rest, Fasting, Fruit, Exclusive Milk Diet, Vegetarian and Mixed dietetic regimens, water treatments and an abundance of fresh air at all times have combined to build a record for this Sanitarium of over 95% satisfied and enthusiastic patients. Macfadden graduates on staff. Write for further particulars.

**Milk Cure, Also Other Rational Diets.** Ideal nature cure system. Location in beautiful Fox River Valley, Fine Beach. Delightful motorboat excursions and cross-country walks. Open air sunbaths and sleeping cottages. Twenty acres of park and orchard. No city atmosphere. Very homelike. Large lawns for barefoot walks. Ideal place for the sick and those seeking rest and recreation. Lasting results. Moderate rates. Free booklet "C". Dr. Carl Strub's Health Resort, McHenry, Illinois, near Chicago.

**Founded By Bernarr Macfadden.** The International Health Resort established by Bernarr Macfadden continues to follow his methods of health-building exclusively. Record of 96% satisfied patrons. Natural methods only. Diet, exercise, vitalizing treatments thorough, hydrotherapy, massage, manipulations and adjustments. All non-contagious diseases treated with good results. Rates reasonable. Write for diagnosis blank and literature free. International Health Resort, Grand Rapids, Mich.

**Our System Complies With Nature's Laws Of Curing disease.** Scientific, metaphysical treatments. Complete department of modern physical therapy: hydrotherapy, massage, Swedish movements, gymnastics, radiant light, electricity, etc. Climate dry and invigorating. Scenery beautiful. Facilities for complete "Rest Cure" with "Milk Cure Treatment." Special diet to suit individual cases. Write for booklet, Dr. C. O. Sahler Sanitarium, Kingston-on-the-Hudson, N. Y.

**Milk And Rest Cure, With Out Doors Sleeping** in mountains under guidance of experienced nurse. Rosemary Farms also offers the advantage of simple natural living combined with pure air, pure food and quiet—with plenty of fresh home grown vegetables—Own dairy—Rates moderate—Booklet—Mrs. Addie A. Ackland, Rosemary Farms, Monticello, Sullivan Co., N. Y.

**Crane Sanitarium And Diamond Lake Health Resort.** Elmhurst, Ill. Place where great results are obtained quickly. Fasting, milk diet, vegetarian and all natural methods. See our display advertisement.

**The Fast Cure Combined With The Milk Diet** (the Saint-Cyr system) has never failed to produce results. Free booklet. Saint-Cyr Sanitarium, Sierra Madre, California.

**The Caldwell Health Home, Pasadena, California.** Physical culture, milk diet, raw food, hydrotherapy, sun baths, iridialysis. Macfadden and Lindlahr methods used. Open all the year.

**Health Farm, Co-operative.** Health Seekers and students may help promote hygiene, agriculture and engineering. Emery Andrews, M. E., Granville Center, Bradford Co., Pa.

**Convalescent Home, Facing Ashland's Famous Park** where flow Lithia Soda and Sulphur waters. Diet treatment. Write Mrs. W. M. Barber, Ashland, Ore.

**The Van Valen Sanatorium, Yonkers, N. Y.** Marvelous cures are made here in Mental, Nervous Functional Diseases and Addictions. Psycho-Therapeutic Treatment.

**Milk And Rest Cure In Portland, Oregon.** The Moore Sanitarium, 828 Hawthorne at 27th. Exclusively devoted to this "remarkable cure." Moderate Terms.

**Milk Diet. The Original Porter Sanitarium,** under personal direction Charles Sanford Porter, M. D., Box 506, Burnett, California.

**Wheaton Health Resort.** Formerly Ferri Sanatorium, Wheaton, Ill. Macfadden graduates and methods used. 8th year.

**Rand Health Home, St. Helena, Calif., Mental, Nervous and Functional diseases treated through Natural Methods.** Write information.

**San Antonio, Texas. Drugless Physician.** All natural methods. Health Home. Dr. R. C. Reynolds, 409 Conroy Bldg.

**Crystal Springs Sanitarium. Lampasas, Texas.** Natural Methods. Moderate Terms. Remarkable Results.

## Health Without Drugs

**Dr. J. Lambert Disney, Of Philadelphia, Pa.,** Drugless Physician, may be consulted at either 1040 E. Chelton Ave., or 1505 W. Tioga St. Physical Culture methods, Dietetics, Chiropactic, Suggestive Therapeutics, etc. More than sixteen years' professional drugless experience. Licensed by State Medical Bureau. Graduate of (and formerly Professor in) Bernarr Macfadden Institute and other drugless institutions. Conducted Physical Culture Health Resort seven years. Physical Culture's largest advertiser during ten years 1905-1915. Known to at least 100,000 readers. See old issues for proof of patients' satisfaction. Phone for appointment.

**Better Health, A Monthly Magazine** That tells you how to get well and how to keep well. Just what you need. 15c a copy. \$1.50 a year. "Practical Dietetics," a treatise on diet telling what to eat to correct any disorder, 50c. "Better Health" for one year and "Practical Dietetics," special offer, both \$1.00. Better Health Publishing Co., Elmhurst, Ill.

**Home Treatment By Mail. You Can Become** well without drugs—right in your own home. If you are suffering from any chronic disease that has resisted your best efforts, let us tell you how we can remedy it, the same as we have done for hundreds of others. Par-hiculae free. Natural Therapeutic Institute, Elmhurst, Ill.

**Dr. Linda Burfield Hazzard, Olalia, Wash.** Fifty acres virgin timber, trailed and parked. Close to Seattle. In center of most wonderful and healthful vacation land in the world, with Puget Sound and mountain view. Pure spring water. Fasting, dieting, and accessories. Individual cottage plan. Reservations being made. Address as above.

**Health Institute Suite 2-144 Hotel Ansonia—**Broadway at 73rd Street, New York City. Conducted by Dr. William F. Harvard and Dr. Bennett R. Speer. Every facility for conditioning and health building—gymnastics, hydro and electro therapy. All forms of mechanical treatment. Dietetic advice. Home treatment directed by correspondence.

**Complete Personal Dietetic Counsel For One** year. Send description of case and dietetic habits and five dollars. Money back if we can not help you. Emsh-willer Bros., 117 Center Street, East Lansing, Michigan.

**Decrepit, Sick, Miserable At 36. Well, Happy** at 64. Newly discovered cause, prevention and drugless cure for disease successfully proven. J. E. Hardy, Colorado Springs, Colo.

**No More Toothache. No More False Teeth,** \$1.00. Mayer, 9577 Chestnut Street, Richmond Hill, N. Y.

**Dr. A. D. Vertisement Will Tell How To Cure** poor business. Write for FREE classified folder. Classified Advertising Dept., Physical Culture, 119 West 40th Street, New York.

**Women—Are You Interested In Your Health?** Circular free. National Specialties, 32 P. Union Sq., N. Y. C.

**Poorrhea, Ulcerated, Bleeding Gums. Success-**fully treated at home. Drs. Thornhill & Thornhill, Baker, Oregon.

## Pure Food Products

**Vegetarians, Physical Culturists: Black Mission** Figs, 10 lbs. \$2.25. Natural Brown Rice, 10 lbs. 90 cts. Juicy Dried Olives, 3 lbs. \$1.00. New Orange Blossom Honey, pure mountain sage, clover or buckwheat Honey, 1 gallon \$2.40. Wild Mountain Honey, gallon \$1.90. Fine Imported Olive Oil, gallon \$4.00. Half gallon, \$2.10. Shelled Walnuts, Almonds, 1 lb. 70 cts. Loose Muscat Raisins, Thompson Seedless Raisins, 10 lbs. \$2.50. Shipping Charges extra. Send for Complete Price List. VEGETARIAN PURE HEALTH FOOD COMPANY, 416 Mason Opera Bldg., Los Angeles, California.

**Constipation, Auto Intoxication, And The Man'y** ills resulting therefrom, yield quickly to one of the best remedies known to medical science. No cathartics or mineral water. Not a food. The remedy you have long looked for. Acts like nature in childhood days. If not fully satisfied after thirty days' trial, money will be cheerfully refunded. Price \$2, cash with order. Checks or currency accepted. Address Health Product Co., Galveston, Texas.

**Honey—Delicious Extracted Honey Direct From** beehive, 3 lbs., \$1; 6 lbs., \$1.65 or 12 lbs. for \$3.00, delivered by parcel post in third zone, satisfaction guaranteed or money refunded. L. K. Hostetter, Route 5, Lancaster, Pa.

**Spongettes. Nature's Golden Bran Confection.** Banish Constipation. Absolutely Pure. Satisfaction guaranteed. Large carton 0.25c. 12 Cartons, 144 Spongettes \$2.50. Sent prepaid. Spongette Co., 405 Hersch Bldg., Pittsburgh, Pa.

**Whole Wheat And Other Physical Culture Foods** are easily obtained by consulting these ads. If you have any to advertise write for FREE folder. Tells about classified advertising. Classified Advertising Dept., Physical Culture, 119 West 40th St., New York.

**Whole Wheat Health Flour, Also Health Cereal.** Trial package 50c each. Ovid Flour Mills, Inc., Ovid, New York.

## Books on Health, Etc.

**Be Wise—Read Our New Book "Modern Matri-**mony" for scientific facts about marriage, birth control, modern sex problems, etc. Price \$1.00 postpaid. Modern Publishing Company, Box 482A, Los Angeles, Calif.

**Sex Knowledge, Illustrated. \$1.25—Birth Con-**trol \$2.00—Never Told Tales, \$2.00—Sexual Problems of Today, \$2.00. Circular free. Welfare Book Co., Dept. F., 32 Union Square, N. Y.

**World's Leading Books On Sex Knowledge.** Sex Force, \$1.60; Sex Advice to Woman, \$1.35. Both \$2.75. Many others, catalog 4c. G. Smetana & Co., Owosso, Michigan.

**Practical Anatomy Of Human Body. Female** manikin 22½ inches in covers with description 75c. Male manikin 50c postpaid. Book Store, 347 East 73rd Street, New York.

**"Sexual Philosophy." 12c. Clearest, Best, Most In-**structive sex manual published. Actually teaches, doesn't merely argue. Satisfaction guaranteed. "Health-Wealth" Publishers, 75 Bennington, Lawrence, Massachusetts.

**Milk Diet As A Remedy.** New Enlarged Tenth edition \$3. postpaid. Charles Sanford Porter, M. D., Box 506, Burnett, California.

**Just Off The Press, Fundamentals Of Nature** cure, 60 cents. Herbert M. Shelton, 119 West 74th St., New York.

**Sex Books For Professional And Advanced Adult** readers. The Modern Book Society, 5 Columbus Circle, New York.

**The Book For Mothers And The New Blood** treatment. Literature free. Cimino, 339 Leonard St. Brooklyn, N. Y.

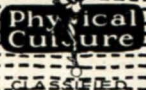
**Books: Osteopathic, Chiropactic, Naturopathic,** sex, etc. For Drugless Practitioners. Circulars sent. Murray, Publishers, Elgin, Illinois.

## Stammering

**St-stu-t-t-tering And Stammering Cured At** home. Instructive booklet free. Walter McDonnell, 14 Potomac Bank Building, Washington, D. C.

## Miscellaneous

**Tobacco Or Snuff Habit Cured Or No Pay. \$1.00** if cured. Remedy sent on trial. Superba Co., SN, Baltimore, Md.



# MISCELLANEOUS



## Old Money Wanted

**\$2 To \$500 Each Paid For Hundreds Of Old Or** old coins. You may have valuable coins. Send ten cents for Illustrated Coin Value Book, 4 x 6. Get posted. We pay cash. Clarke Coin Company, Ave. 53, Le Roy, N. Y.

## Motorcycles, Bicycles, and Supplies

**Parts For All Motorcycles Cheap.** Schuck Cycle Co., 1922 Westlake, Seattle, Washington.

## Photo Developing

**Trial Offer—20 Cents For Developing Any Film** or six negatives any size including six prints. Other charges proportionate. 24-hour service. Splendid work. \$20,000 plant. Roanoke Photo Finishing Co., 243 Bell Ave., Roanoke, Virginia.

## Personal

**Envelope Rompers For The Creeping Child—**light or dark gingham, \$1.25 postpaid. Virginia Patterson, Freewater, Mont.

**Exchange Cheery Letters With New Friends.** Lots fun! Send stamp. Eva Moore, P. O. Box 4309, Jacksonville, Fla.

**Oklahoma Farms. Write For Information.** Board of Commerce, Shawnee, Oklahoma.

**Exchange Jolly Letters With New Friends! Send** stamp. Betty Lee, 28 East Bay, Jacksonville, Florida.

## Books and Periodicals

**"Life Of A Mormon Girl." By Herself. Daring** revelations! 25c Sealed. Michael Sims, Roseville, Ohio.

**Any Book You Want At Cut Rate Prices. Don't** buy until you see our free bargain list. Send postal for copy. Dept. 23 Midwest Book House, 58 West Washington Street, Chicago, Ill.

**Book Free—Send For Free Folder.** Tells All about classified ads. Write TO-DAY. Classified Advertising Dept., Physical Culture, 119 West 40th St., New York.

**"The Contents Of The New Testament:"** Haven McClure (Harvard; Chicago). The New Testament phenomena in the light of modern science. \$1.50. Macmillan Co., N. Y. C.

## Miscellaneous

**Mail Old Gold, Unused Postage And Thrift** Stamps, Liberty Bonds, Silver, platinum, diamonds, jewelry, watches, false teeth, magnet points, etc., new or broken. Cash immediately. Held ten days, returned if unsatisfactory. Ohio Smelting Co., 244 Lennox Building, Cleveland, Ohio.

**Sneeze Powder, Greatest Fun Maker On Earth.** Bottle 10c. Clifford, Fenner, 2401, Jefferson, Louisville, Ky.



# A Complete Psycho-Analysis Of Your Case FREE

Poor health—lack of success—unhappiness—all have a cause. This analysis will put you in touch with the true cause of your trouble and you will then understand in just what way to direct your energy. Getting the right start is the biggest part of the battle. Everything is according to law.

IF YOU SUFFER FROM ANY OF THE FOLLOWING WEAKNESSES, A PSYCHO-ANALYSIS IS YOUR GREATEST NEED.

Have you lost self-confidence?  
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Do you worry?  
Have you lost your grip on self?  
Have you lost your interest in life?  
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Do you get blue and discouraged?  
Are you mentally confused?  
Do you fear to make decisions?  
Are you jealous?  
Are you unable to control yourself?  
Do you fear you are going insane?  
Are you self-conscious?  
Do you fear to travel?  
Are you afraid of crowds?  
Do you let finances worry you?  
Are you negative?  
Do you lack personal magnetism?  
Are you worried over religion?  
Do you fear death?  
Do you fear life?  
Are you afraid of yourself?

NEURASTHENIA IS A DISEASE OF FEAR.

**C. FRANKLIN LEAVITT, M.D., Suite 734, 14 W. Washington St., Chicago, Ill.**

AUTHOR OF MENTAL AND PHYSICAL EASE AND SUPREMACY, ARE YOU YOU? AND LEAVITT-SCIENCE



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**ELLA WHEELER WILCOX WROTE ME AS FOLLOWS:**

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All I ask of you is for you to send me TWENTY-FOUR cents in stamps for my booklet, Leavitt-Science. This simply covers the cost of it. I am so anxious that you know about Leavitt-Science that I am ready and willing to do ANYTHING within the bounds of reason to bring it to your attention. The booklet will open up new avenues of thought to you and you will never regret having communicated with me. A complete diagnosis blank will be mailed to you so that you may fill it out and return it for your PSYCHO-ANALYSIS.

(Continued from page 107)

firm having given me a free hand in the matter. My days were spent either at my laboratory or at the glass works near Pittsburgh, but my evenings were reserved for my beloved Dorothy. We were to spend our honeymoon in the valley, where I was to arrange for the production of the precious metal in quantities from the clay I had found there.

On one of the evenings we had a rare treat, which had been provided at the instance of Mr. Mason by the Bureau for the Preservation of Ancient Records. Musical records dating back to William's time over a century previous, were to be played, and afterward a moving picture play was to be thrown on the screen.

The musical portion of the programme was intensely interesting. It was a rare treat to hear the voices of some of the great singers whose names have come down to us, though due to certain defects in the methods of reproducing the voices, some of them were metallic and lacking in the fullness and richness that must have characterized them in fact. We do such things so well now that it is difficult if not impossible to detect the difference between the real voice and the reproduction.

It was very odd when it came to the moving picture play to have the lights all put out. However Dorothy and I didn't mind, but instinctively clasped hands and so sat throughout the performance. The play itself was at times shocking and at times so funny as to send the spectators into roars of laughter.

What was shocking was that the whole play was based on morbid sex emotion, with some of the scenes so abnormal to us that we would not have been able to comprehend them but for the things Mr. Mason had told us of the olden time attitude. The play was so poorly constructed and the acting was so inadequate that explanations and bits of the dialogue were thrown on the screen to arouse our interest.

There were a hero, a heroine, and a villain in the play, besides other persons to help out the action. The hero was noble and strong, the heroine was pure, weak and pretty, and the villain was very, very wicked and apparently didn't care who knew it. It was the part of the villain to try to steal the heroine from her lover, who was the hero. It was the part of the hero to always reach the scene of action just a moment too late. It was the part of the heroine to struggle with the villain who usually in such encounters nearly tore her clothes off.

William explained afterward that the villain was seeking to ravish the heroine so that she couldn't marry the hero. When we asked him why the villain's brutality should affect her marriage to the hero, he was amazed at first that we should ask such a question. Then he laughed and admitted that he didn't know, but that it was always considered

(Continued on page 112)

## You Can Have Strong Arms



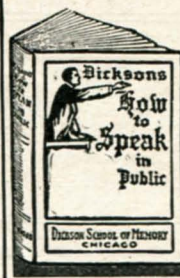
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# Your Eyesight—

**Is It Good?  
Is It Failing?  
Is It Bad?**

If your eyes are well and strong—keep them so—  
If they are beginning to fail—correct the damage  
before it is too late.

If they are bad—restore them if possible, but in  
any event strengthen them and improve them.

## Observe the Bleak, Hopeless Expression Upon the Face of a Blind Person

Your eyes are a priceless possession. They stand between you and eternal darkness—blackest misery. You would not part with them for all the wealth in the world, because to them more than to all other things combined is due your happiness in life. Keeping these things in mind, ask yourself if you are giving your eyes a fraction of the care to which they are entitled.

Do you bathe them regularly with the proper substance?

Do you exercise them so that the muscles will retain their wonderfully delicate adjustment, thus insuring you against faulty refraction, far-sightedness, near-sightedness, astigmatism, cross eyes, squint eyes, eye headache, eye strain, all of which are not defects in vision but are due to muscular weakness or strain, and which can be corrected by natural methods.

Have you cultivated central fixation so that your eyes will do all necessary work with the least possible strain and effort?

Do you relax them scientifically each night before you sleep so that they may be as thoroughly recuperated and refreshed as the rest of your body?

## Are You One in a Thousand?

We hope you do these things, for then you are one person in a thousand and can confidently look forward to having strong, clear, natural vision to the end of life.

Or are you one of the nine hundred and ninety-nine who give ten times as much care to their finger nails as to their eyes? If so, the chances are that, if your eyes are not already bad, they will be before many years have passed. You can convince yourself by looking at the people with whom you come in contact. The man or woman past fifty who does not wear glasses at least a part of the time is the exception rather than the rule. In many cases entire families wear them, young and old alike.

Now we ask you, do you want to join the spectacle brigade, or if you have already joined do you wish to remain a member throughout life, changing from stronger lenses to stronger lenses as the years pass, or do you want to have strong, clear, natural vision without artificial aid?

It rests largely with you to decide which it shall be.

Over 20 years ago Bernarr Macfadden, father of Physical Culture and master mind behind the great Physical Culture movement had a most trying experience with his eyes. Due to many nights of hard literary work under poor artificial light they became terribly strained. The idea of wearing glasses was intolerable, so always willing to back up his theories by experimenting upon himself he immediately started in upon a course of natural treatment that he fully believed would help him.

The results were so entirely satisfactory that he associated himself with one of the few really great eye specialists, and together they entered upon a period of research and experiment covering many years. A few of their findings, proved beyond any hope of contradiction, are:

That eyes, like all other parts of the body, are governed by a set of simple, natural laws.

That if these laws are obeyed, good eyesight throughout life almost always results.

That if they are not obeyed, the eyes give out early and are a source of continual trouble and increasing inefficiency thereafter.

That the vast majority of people do not obey them because they seem to be unconscious of the fact that they have eyes so long as they are rendering good service. It is only after the damage is done and their eyes give out that they become concerned regarding them.

That the result is 50 or 60 millions of needlessly weak or crippled eyes that nature intended should go through life strong and well.

That practically every pair of these needlessly weak or crippled eyes can be greatly improved and in many cases entirely restored by proper methods of treatment.

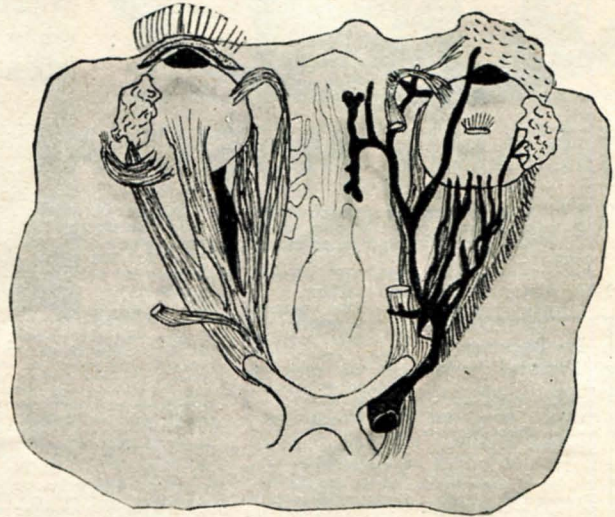


Diagram of Eye, Showing Eye Muscles

## HAVE YOU

FAULTY REFRACTION ASTIGMATISM EYE HEADACHE  
FAR SIGHTEDNESS CROSS EYES EYE STRAIN  
NEAR SIGHTEDNESS SQUINT EYES

They are generally the result of weakened eye muscles. Remove the weakness by proper exercise and the trouble will automatically disappear. Very often the beneficial results are so pronounced that glasses are no longer needed.

That glasses rarely or never cure an eye complaint but bolster up poor vision just as a pair of crutches enable a cripple to move about.

That almost always the effect of glasses is to gradually weaken the eyes, making them more and more dependent upon the glasses, and stronger and stronger lenses necessary as the years pass.

That inasmuch as eyes are made up of muscles, nerves, blood vessels and tissues, the same as other parts of the body, they respond wonderfully to the same Physical Culture principles that develop and improve the other parts of the body.

The reasonableness of these findings cannot help but appeal to you because they are founded absolutely upon common sense of the sort that Physical Culture had always taught.

It is a pleasure to write for the readers of PHYSICAL CULTURE because they have the Physical Culture idea, they understand the vital importance of giving their bodies proper care and they know from experience that we recommend to them only those things that have successfully endured the most thorough tests.

## "Strengthening the Eyes"

Prepared by Bernarr Macfadden in collaboration with one of the world's greatest eye specialists, is a series of twenty-eight clearly written, easily understood lectures that between them place before you all of the tremendously valuable information that resulted from this exhaustive investigation into the subject of the human eye. If you are interested in retaining good eyesight, or in regaining good eyesight, if your eyes have already given out, you cannot afford to be without this wonderful course.

We want you to examine it at first hand, and see for yourself what it means to you. Sign the attached coupon and mail it to us to-day. Send no money now, but when the course reaches you, give the postman \$5.00 in full payment with the understanding that if for any reason you do not wish to keep it you are privileged to return it within five days after receipt for immediate refund of your money.

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We have taught thousands how to play their favorite musical instrument easily, quickly and thoroughly without a teacher just by following our New Improved Home Study Method.

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teacher. We banish dry, tiresome exercises. We teach you **by note**. No numbers; no tricks; a sound musical education. We make it as fascinating for you to learn, as it will be fascinating for you to show your friends what a good musician you are. Our pupils are in demand as entertainers, and some of them have written to us that they are making money through the musical talents they developed by our Home Training Method.

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## Physical Culturists, Art Lovers Add These Pictures to Your Collection

**T**HE series of Athletic Girl Covers that appeared upon PHYSICAL CULTURE Magazine during the last few months attracted so much favorable attention and brought us so very many letters of congratulation and approval that we decided to reproduce the three that were most popular in form suitable for framing.

They are now ready, and in finish, appearance and general artistic excellence exceed the

finest results we hoped to be able to attain. On heavy art paper, free from all printing with a wealth of color in delightful contrast and exquisite taste, they are worthy of a place in any collection. Every lover of physical perfection and athletic prowess can point with pride to these art drawings upon the wall of den or living room. They are more than art and more than beauty. They are the *Spirit of Physical Culture in tangible form*.

To the thousands striving for physical improvement they are a source of inspiration; to the few who have attained physical perfection they are an emblem of fellowship and a goal well won.

Do not miss this exceptional opportunity. Send for these beautiful and inspiring pictures representing "The Spirit of Physical Culture" to-day. The entire set is priced at only \$1.00 (for single copies, 50c). As a special inducement we will supply a set free with one new or renewal subscription to PHYSICAL CULTURE Magazine at the regular price of \$3.00. Clip the coupon, check the combination you desire, enclose with remittance and mail to us to-day.

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Send me the set of three beautiful athletic girl pictures representing "The Spirit of Physical Culture," and enter my name for a full year's subscription to PHYSICAL CULTURE Magazine. I am enclosing \$3.00 in full payment.

(Foreign subscription rates as follows: in Bolivia, Canada, Colombia, Costa Rica, Cuba, Dominican Republic, Honduras, Mexico, Nicaragua, Panama, Peru, El Salvador, Shanghai, (China) \$3.00; in all other foreign countries \$3.75.)

Name.....

Address.....

(Continued from page 110)

in his day that when a girl had lost her honor she was unfit to be a good man's wife. When he was pressed to explain by what reasoning the conclusion was reached that the heroine would be injured and made dishonorable by the conduct of the villain, he assured us that he could never explain the absurdity so that we would understand. Even Mr. Mason was unable to enlighten us.

What made us laugh was the funny ways in which the villain would steal the heroine, and the equally funny things she did to escape from him in the very nick of time to save this supposititious honor of hers. He would come along on horseback, riding furiously, and snatch her up without ever stopping, and gallop off with her. Then the hero would leap out of a window or off a roof, land astride a horse and go in pursuit. As it wasn't till the last reel of the play that the hero was able to come face to face with the villain, the heroine had to do her own escaping; and this she did by some such device as jumping to the top of a moving railway train, the villain pursuing the train on horseback, overtaking it and springing from his horse to the train and clambering to the top, the poor heroine huddled in a heap at the other end of the train, waiting for the loss of her honor to come to pass. And then as he stands gloating over her, an airplane comes along, dragging a convenient rope, which the heroine clutches to be whisked away to safety for the time being.

William laughed as heartily as we did, and declared afterward that while such things never happened in real life, they were greatly enjoyed when seen on the screen.

"It seems to me," commented Mr. Mason, "that in your time life was in the main a pursuit of girls by men, unless your moving pictures and your romances give us a wrong impression. Your heroines are forever declaring that they prefer death to dishonor, and they seem to be afraid that the men they come in contact with are chiefly concerned in inflicting this dishonor on them."

"I must admit," agreed William soberly, "that that was the case."

"Another thing I don't understand is," went on Mr. Mason, "why it should be assumed in your plays and stories, that if a girl is dishonored by violence or fraud, she can be made honorable again by being married to the scoundrel who has injured her. It would seem to me that the dishonor would only be doubled in that way."

"Yes," responded William, "I can see that now, but we were taught differently in my day. By the way!" he added hastily as if wishing to change the subject, "I saw Mary at the performance."

"That's strange," Dorothy said. "I wouldn't have supposed she had any interest in such things."

"Mary is such a reactionary," I explained, "that she finds her best enjoy-



ment in the discarded ideas of the past."

"Yes," agreed Mr. Mason, "she evidently belongs to that class of persons who call themselves conservatives; ones who always speak of the past, evil days as the good old times."

It may seem that some of the things I have set down here are too trivial for consideration, but the fact is that they have a direct bearing on the dreadful occurrence that took place later.

The hour for our wedding had been set for eleven o'clock in the morning in order to give time for the ceremony and a simple wedding feast afterward. Only the nearest friends of the two families were to be present.

I don't need to say that I was excited, and Dorothy was also. We passed the evening before in discussing our plans, but although we had already perfected them, we could not deny ourselves the further gratification of continuing the discussion the next morning before the wedding. I fancy lovers are generally like that.

Anyhow we had arranged that I should come in my plane early in the morning to take her for a short spin and perhaps a dip in the ocean, promising her mother that we would be back in time for breakfast.

It was about five o'clock the next morning when I reached the Mason home. I had expected Dorothy to be waiting for me, but instead of that Mrs. Mason came out of the house, a surprised expression on her face, exclaiming, "Where is Dorothy?"

"She must have overslept," I answered.

"She isn't in her room, or anywhere about the house," she said. "I supposed you had come early and gone off with her."

"Let us go to her room," I cried, troubled by a vague premonition of evil.

I led the way upstairs and into her dainty bed-room. She wasn't there, but the bed was tumbled and in disorder quite unlike Dorothy. The clothes she had been going to wear for the outing were neatly hung over a chair, however, which was a disconcerting circumstance. We stared about the room and each other; and while we were doing so, the family including William drifted into the room, still in their night robes.

"Does anybody know where Dorothy is?" asked Mrs. Mason. "It would not be like her to go away like this."

William stooped and picked up a wad of cotton and smelled of it. Such a startled expression leaped to his face that I snatched the wad from him and placed it to my nose. "Chloroform!" I gasped.

"Merciful heaven!" ejaculated William. "Mary! She's kidnapped Dorothy!"

The next installment of "Love and Marriage 100 Years from Now" will appear in **PHYSICAL CULTURE** for July.

# How the Mighty Gotch Was Stricken in the Prime of Life



FRANK GOTCH  
© I. F. S.

Gloriously healthy—a splendid body—powerful—intensely alive—full of vigor—never a thought of sickness and never a single indication of the swift fate that overtook him in a few short days. Then death! Yet had Gotch known, he might have been alive today with a prospect of many more years of life and health. You may avoid this untimely fate by the measures described in this article.

By Frank G. Soule

EVERY reader of **PHYSICAL CULTURE** Magazine must realize that if the wonderful human machine that Frank Gotch had developed could be so suddenly destroyed that any man or woman may be stricken in the same way. Actually there is a real danger. Gotch's case is typical of thousands of cases where people in apparent good health—without warning—are carried suddenly away. To be informed on this important subject is your only protection.

It is not our purpose to alarm anyone. We wish, merely, to put the readers of this magazine on guard against a condition which today is coming more and more to be recognized as a growing menace to the health and life of thousands of Americans.

It is true that always, for months, even years, there are unmistakable indications in every man's system which show definitely what is wrong. But the pity of it is, that the diseases which cause these "sudden" deaths in the prime of life, are so insidious in their attack that there is no outward symptom of their presence until the victim has passed beyond all hope of recovery. In fact, an alarming feature of these diseases is that the very poisons in the blood which cause such "sudden" death often give a fictitious stimulation which gives the victim all the appearance of good health. Yet all the time the body may be slowly but surely breaking down under the vicious influence of these unseen poisons.

Fortunately there is a scientific way to know when this unseen and unfelt disintegration has started and there are many simple ways of checking the progress of the diseases and restoring the patient to perfect health.

It is by the use of these scientific measures that Mr. Carl Laemmle, President of the Universal Film Company, George Ade, the famous humorist, Chick Evans, the golfer, Paul P. Harris, the founder of the Rotary idea, Justice O. N. Carter of the Illinois Supreme Court and thousands of other men at the heads of their professions protect themselves against the slow disintegration caused by sedentary living, lack of exercise and high pressure brain work.

These men—every ninety days—without leaving their offices and without spending more than four minutes each year, obtain the most thorough and complete analysis of their physical condition ever made. They receive a detailed report showing exactly what is wrong. And a sheet of helpful suggestions for correcting the trouble and warding off the disease that might otherwise strike death into their midst, deprive their businesses of their guidance, their friends of their association and their loved ones of their protection.

A few years ago, a service such as this through its cost and inconvenience—was out of the reach of most men. But now, thanks to the corps of trained scientists and specialists maintained by the National Bureau of Analysis, this service has been put within the reach of every man at a cost which is insignificant.

## Send for Free Book on Health

Do not live in a fool's paradise of fancied good health. Accept the friendly warning of an unbiased and unprejudiced organization such as the National Bureau of Analysis and find out at once what is really happening to your body, unknown to you. Send at once for our brochure entitled, "Why People Die Too Young." It will not obligate you in any way. No solicitors will bother you. You will not be urged to subscribe to the Bureau's Service. But with this booklet in hand you will be better able to tell exactly whether you need such a life-saving service as the Bureau offers and exactly what it can do for you. Simply fill in and mail this coupon today. National Bureau of Analysis, Dept. 16, Republic Bldg., 209 S. State St., Chicago, Ill.

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Gentlemen: I am interested in learning how to prevent needless illness and how to prolong my life. Without any cost or obligation whatever to me, please mail a copy of your valuable Treatise on Health, "Why People Die Too Young."

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## MILK

contains all three of the  
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## VITAMINES

that have been found so  
indispensable to life and  
health.



**Bernarr Macfadden**

"Father of Physical Culture"

### Bernarr Macfadden says:

"Through the ages milk has been the great builder of sturdy races. It has come to the aid of the ailing and the weak, and it has made of them men and women fit to face hardships in the world, and it has added years to their lives.

Milk does not cure, as medicines have been supposed to cure—by magic. All sensible people know that drugs and external influences do not always cure. Nature cures. The body cures itself, provided helpful conditions prevail, giving the opportunity for self-readjustment.

And here lies the secret of the miracle of milk. Milk is a builder of tissue and an enemy of physical ills, because, more than any other food, it furnishes elements which are needed to make new blood.

Milk is undoubtedly more easily digested than any other food. It is more nearly akin to blood. It is quickly absorbed into the circulation and becomes a part of the tissues of the body; and the expenditure of considerably less energy is required for this than to bring about the chemical changes essential in preparing the ordinary foods for use in the human tissues.

The physical changes that can be brought about through the use of milk within a short period, would be considered unbelievable by the average individual. If you are "rundown," and should stumble upon a way to gain one or two pounds a week, you would feel that you had made a marvelous discovery. But when we say that this is only a fair average for those who have experienced the miracle of milk, we are not in any way overstating the facts.

Of course, in the case of those who are in extreme need of additional flesh, and who have been poorly nourished, the effect of milk is almost unbelievable in building up tissues and in ridding the system of impurities, which latter are often responsible for the majority of ills to which the human body is subject.

To-day any *honest* doctor of whatever school will tell you that nine-tenths of all effective medical or curative practice consists purely and simply in helping nature and that very, very few drugs have any real value as curative agents. The most that can be hoped for from drugs is to temporarily stay the progress of the disease. If nature does not seize upon the respite to begin active operations in casting out the ailment, the treatment is a failure, with valuable time and good money wasted.

In the final analysis it is *you* who must supply nature with the necessary assistance and that assistance must come in the form of *increased physical vitality*.

And here it is that MILK—THE MASTER HEALER with vitality and energy building powers greater, probably, than any other substance in the world brings quick re-enforcements of red, tissue building, disease fighting blood that will give your system the very vital energy needed to overcome practically any ailment that has fastened itself upon you.

In our adjoining column we quote a few paragraphs on the subject by Bernarr Macfadden, the renowned Physical

Culturist, father and leader of the Physical Culture movement, which is increasing the health and strength and adding years to the lives of humanity by just such methods as those advocated in the exclusive milk diet. Coming from such an authority the words bear weight.

A few months ago PHYSICAL CULTURE Magazine printed an article on the Milk Diet that aroused universal interest and brought down upon us an avalanche of letters, urgently requesting further and more detailed information.

We knew of just two men who were qualified to supply this information in proper form for home treatment. Mr. Bernarr Macfadden himself, who has had the opportunity through his connection with The International Health Resort to personally study thousands of cases where the milk diet has been administered, and Dr. Chas. Sanford Porter, America's leading milk diet specialist. They consented to collaborate upon the subject and the result is a treatise that we are proud indeed to be able to supply as coming from the printing presses of PHYSICAL CULTURE CORPORATION.

## "THE MIRACLE OF MILK"

By Bernarr Macfadden and  
Dr. Charles Sanford Porter

is now available in the form of a six lesson course. Simply written, easily carried out, with a marvelous depth of wisdom born of the widest kind of experience, the instructions tell you just what to do, *what not to do*, what to watch out for, everything in fact, that you could possibly need to know in order to get the last vestige of physical benefit from the exclusive milk regimen.

Now we ask you fairly, if you are weak and run down, or in the grip of some chronic disease or if in any way you are engaged in a struggle for health, can you afford to ignore such a treatment as this, where you have *everything to gain and nothing to lose*, where, whatever the outcome, the benefits derived will far exceed the time and trifling expense devoted to it?

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We want you to personally examine the Miracle of Milk and see for yourself the wonderful benefits you can derive from it. Simply sign your name to the attached coupon and mail to us to-day. The course will be immediately sent and your name entered for a one year's subscription to PHYSICAL CULTURE Magazine. Upon receipt of the course pay the postman only

\$4.00 for both items with the understanding that if for any reason you do not wish to retain the course you may send it back within 5 days after receipt for a prompt refund of your money.

Ordinarily the Miracle of Milk and a subscription to PHYSICAL CULTURE would cost you \$5.00. This special offer saves you \$1.00.

## MAIL THIS COUPON TODAY

Physical Culture Corporation  
Dept. 6, 119 West 40th St., New York.

You may send me a copy of the Miracle of Milk and enter my name for a one year's subscription to PHYSICAL CULTURE Magazine.

I will pay the postman \$4.00 upon receipt of the course with the understanding that if I wish, I may return it within 5 days after receipt for a prompt refund of my money.

(If you want the Miracle of Milk alone, cross out reference to subscription and pay the postman \$2.00).

Name.....

Address.....

SEE OUR \$50 PRIZE OFFER ON PAGE 135





## Beautiful Hair The Secret of Attraction

YOU have often wondered why some folks are more attractive than others. You have often heard remarked "How beautiful she is" or "What a handsome man." Yet have you ever stopped to consider the cause? Well dressed hair with that soft, glossy, well groomed appearance adds charm and attraction so becoming to stars of the stage and screen.

### HERMO "HAIR-LUSTR"

KEEPS THE HAIR DRESSED

FOR MEN—WOMEN—CHILDREN

Dress your hair in any style and a few drops of Hermo "Hair Lustr" will keep it well dressed. The most stubborn hair is easily dressed with Hermo even after shampooing. Dainty women and careful men are never without it, because it adds to smart appearance—excites admiration—adds beauty and life to the hair.

### GREASELESS AND STAINLESS

GUARANTEED absolutely harmless. A few drops of Hermo "Hair Lustr" used daily will complete your toilet. \$1.00 per bottle. Monthly supply. We will send either size direct prepaid upon receipt of price. Use it 6 days—if not entirely satisfied return it—your money and life to the hair.

HERMO COMPANY

542 E. 63RD STREET

DEPT. 76

CHICAGO, ILL.



## I Won Back Health and Husband

(Continued from page 23)

entirely without education or social bearing, and that I was old enough to be his mother.

Suddenly I became so heartsick I didn't know what to do. Mrs. Jones understood, and suggested that we drive home, but just as we were leaving we came face to face with my husband and Miss—. They were talking very confidentially, and I realized from the tone of his voice and the way he was looking down into her eyes that he had a very tender feeling for her, a feeling that meant more than friendship.

He looked as if the heavens were falling in when he saw me—he was so surprised. He stammered out introductions and the four of us sat down to a table where refreshments were being served. When it came my turn to order I didn't know one thing on the menu from another. I had never given an order before. Mrs. Jones ordered for me though I could not eat a bite. I sat there, comparing my dress with their beautiful gowns, my red hands with their white hands, beautifully manicured, and my awkwardness with their lovely table manners—and I knew I had only myself to blame.

As soon as we'd gotten through that terrible ordeal, Mrs. Jones drove me home. Then she told me of things I had never dreamed of. She knew all about this love affair, for people had been talking about it for weeks. In persuading me to go to that reception, it had been her object to open my eyes. She acted the part of a true friend, advising me to leave jealousy, nagging and tears entirely out of my tactics, and to use grit, determination and common sense instead, in winning back my husband. But she told me that I would have to cultivate common sense, as it had been so long since I had used any that she doubted if I had any left. Her firm, logical unsentimental talk had its effect. It instilled in me a determination to use my spunk and common sense, for I knew I had plenty of both. Had she dealt more kindly with me, and shown a lot of sympathy I would have given way to tears.

When she left to drive to the club where her husband was waiting for her, I could not help admiring her. She was a woman at least ten years my senior, had never had the natural beauty that I had been endowed with, and despite that, she looked several years younger than I. She had a graceful carriage, a well poised body, and knew how to wear her clothes. Best of all she had kept her husband's love. I was determined to find out how she managed it. These things had suddenly become very interesting to me.

As I sat there alone that night, I re-

(Continued on page 117)

## The Pelmanometer



\$50,000  
A YEAR

\$10,000  
A YEAR

\$5,000  
A YEAR

\$1,000  
A YEAR

## What Does Your Brain Earn for You?

What does your brain mean to you? What are you doing for it, and what is it doing for you?

Don't you realize that in your brain you actually own the finest money-making machine in the world?

Every business success grew from an idea. What you make out of life, what success you carve out of the world depends solely on the initiative, originality, resourcefulness and action of your mind. That's the stand of self-evidence, to anyone who lets his brain think.

There is practically no limit to the income-earning power of your mind. By training it to think quick, think better, you can earn twice, three times, four times the amount of money you make at present, no matter what it is.

Yet to tell a man to use his brain more is as senseless and purposeless as to admonish a drowning man to strike out and swim.

To know the machinery of your mind, and to put it in order and make it work, you must be shown how. The quick, positive, get-ahead, direct way is Pelmanism—the Science of Success.

Pelmanism has brought a mental re-birth to thousands of men and women the world over. More than 500,000 Pelmanists have opened the oyster called "world," and found the pearl—Success.

Their successes read like the pages of business fiction. Incomes doubled and trebled are commonplace. The accomplishments of Pelmanism are so direct that they would be commonplace if success could ever be commonplace.

Men of world-wide prominence such as Judge Ben B. Lindsey, Admiral Lord Beresford and Sir Baden-Powell have endorsed the Pelman System of mental training.

No matter what your age, your position, or station in life, Pelmanism will benefit you. It is not a mere memory course. It develops concentration, self-reliance, originality, initiative, and administrative power.

Pelmanism is the finest of mental exercises. It is the calisthenics of the mind. It develops your mind as physical training develops your muscles. It is fascinating to follow. It takes up very little of your time. It is taught by correspondence. Wherever you are, you can be a Pelmanist.

Send today for a free copy of "Mind and Memory." It will bring to you, without obligation, the story of many successes, and tell you to the last detail what Pelmanism is, and how it can benefit you. What it has done for others it will do for you.

Fill out the coupon, and mail at once. Action is the first habit of Pelmanism.

PELMAN INSTITUTE OF AMERICA,  
Suite 56, 2575 Broadway, New York.

Please send me, without obligation, your free booklet, "Mind and Memory."

Name.....

Address.....

(All correspondence strictly confidential)

## Stop Forgetting



### Make Your Mind a File —Not a Pile

Let me show you how to make your mind as forget-proof as a card index file. When you wish to recall a name, place, date, must you grope in vain in a pile of miscellaneous knowledge? Summoned to give facts and figures does your mind become a blank? Be master of your mind's infinite resources—instead of a victim of its disordered details.

### KNOWLEDGE IS POWER

and Memory is the Basis  
of All Knowledge

### I Have Helped Thousands

The Dickson Method of Memory and Mental Training, perfected by 20 years experience, is recognized as the most thorough, efficient of its kind. Highly endorsed—easy to master. Give me 10 minutes a day and I will train your memory so you can classify ideas, names, faces, etc., and recall them instantly. Develops self-control, concentration; overcomes bashfulness.

### Perfect Your Memory and Command What Salary You Will

Send name and address and I will send you, free, my interesting booklet, "How to Remember," and unique, copyrighted Memory Test; also tell you how to secure free of charge my \$3.00 book, "How to Speak in Public."

Dickson Memory School

Dept. 1640

1041 Chicago Ave.

Evanston, Ill.

Stop Forgetting

The Key to Success

## Tire Agents Wanted

An auto owner in each locality to use and introduce Mellinger Extra-Ply and Cord Tires. Make big money part or full time. No capital or experience needed. Sample Sections Furnished. **GUARANTEED 8,000 & 10,000 Miles** (No Seconds). Hand made. Finest materials. Shipped prepaid on approval.

### FREE TIRES FOR YOUR CAR

to one user in each locality. Be first to write quick for special Agents Offer and Low Wholesale Prices. **MELLINGER TIRE & RUBBER CO.** 930 North Oak St., Kansas City, Mo.





# How I Saved My Hair!

## The Tragedy of Baldness

By ALBERT WOODRUFF

**W**HEN the barber told me my hair was getting thin I merely smiled and let it go at that. When my wife said, "Bert, I do believe you are becoming bald," I gave a little laugh and passed it off with a jesting remark. I took the gibes of my friends in the same spirit—and I laughed when the comedian at the theatre made his "cracks" about candidates for the "bald-headed row."

But it wasn't until my business associates commenced to notice that I was rapidly becoming bald and gray that I worried. For while I was just as full of pep and vim as I had ever been—while my business judgment was just as keen as ever, yet I worried for fear my associates might think of me as heading toward the "has been" class. I decided to try to save my hair—if it could be saved.

Then I became a slave to hair tonics. If a tonic was new I bought it on sight. I tried every kind of shampoo that I heard of. I was a victim of the barber's wiles. The money I spent—and all to no purpose. My hair continued to come out just as fast as it ever did before I had tried to stop it. Every time I combed my hair it told the story.

### How I Prevented Baldness

One day I read a very interesting advertisement by the celebrated Physical Culturist, Bernarr Macfadden. Now, it so happened that I had seen Mr. Macfadden several times and I knew that he himself had wonderful thick hair. Naturally I was interested—although it was news to me that Mr. Macfadden had made a study of the hair and had written a book on the subject, entitled, "Hair Culture."

In the advertisement Mr. Macfadden said he was amazed to learn how little really authoritative information had been written

about the proper care of the hair and scalp. He said that one need not let the hair grow thin and gray. He said that if the hair is falling out or getting gray a reasonable amount of proper care will restore it, unless one is completely bald. And this same care will keep the hair strong and healthy throughout life. He spoke of simple, natural and effective methods for treating the hair and scalp by following a few laws of nature. Then he casually mentioned that he was startled at the tremendous demand that existed for his comprehensive work. In fact, the first edition of his treatise was very quickly sold and a new edition had to be printed to take care of the orders that were flooding in on each mail.

I made up my mind right then that since Mr. Macfadden had written the book it was sure to be very practical—and the fact that so many had been sold clearly proved to me that the treatise must be filling a popular demand.

So I just jotted my name and address down on the coupon and returned it. When



"Only a short while ago my hair was falling out by combfuls, yet today I have fine, thick hair, with not the slightest trace of baldness or dandruff."

the most valuable—if not the most valuable—and instructive book ever written on Hair Culture.

Albert Woodruff.

### Send No Money

If you would like to take Mr. Woodruff's advice we will gladly let you examine "Hair Culture" for yourself, without obligation, and see how easily you can follow the methods that should bring new life, new lustre and luxuriance to your hair. Don't send one cent in advance—just fill in and return the coupon and the book will come to you by return mail. When the postman hands it to you, deposit only \$2.00 with him. Then after you have kept "Hair Culture" for 5 days—after you have tested the methods—if you are not absolutely satisfied return the book to us and your money will be promptly refunded. If, however, you decide to keep this remarkable book, as you surely will, there are no further payments of any kind to be made—the book becomes your property for the one sum of \$2.00 which you deposited with the postman.

### Physical Culture Corporation

Dept. 6

119 West 40th Street, New York

See our \$50 prize offer on page 135

### PHYSICAL CULTURE CORPORATION

Dept. 6

119 West 40th Street, New York

Without obligation on my part, please send me a copy of Bernarr Macfadden's Book, giving me all of Nature's simple methods for preserving and beautifying the hair. I will pay the postman \$2.00 on arrival, but I also have the privilege of returning the book if I desire and you will refund my deposit.

Name.....

Address.....

.....



### Women! Keep Your Hair Youthful

Graying hair can be easily, safely and surely restored to its original youthful and becoming color. Your hair can be made luxuriant and glossy by following the few simple rules taught by Bernarr Macfadden in his new book, "Hair Culture." Why spend time and money at the hair dresser's when you can give your hair a better home treatment in only a few minutes a day by this new method? You can easily have hair that is wonderfully silky in texture and your scalp can be cleansed of every trace of dandruff or scurf.

I received the book on five days' Free examination I immediately read it very carefully and that very same night I started to follow the few simple rules. I must confess that within a very short time I noticed a decided improvement in the growth of my hair—it became thicker and more glossy. Then dandruff disappeared. Today, after following the rules laid down in this new method, I have just as fine a head of thick hair as you would see on any man—even a young man of eighteen or twenty has no thicker or glossier hair than mine. In fact, many haven't anywhere near such fine hair. The grayness has all disappeared and my hair has the glowing color of youth. My wife and children also adopted the rules which we discovered in Mr. Macfadden's treatise entitled "Hair Culture" and their hair is the admiration of all their friends. If you will examine the book I am quite sure that you will agree with me that it is one of

### Bernarr Macfadden's Secrets of Hair Culture

These chapter titles will give you an idea of the tremendous scope and value of this remarkable book.



Bernarr Macfadden. Note his thick, luxuriant, healthy hair.

Superfluous Hair  
Hair tonics.

Hair as an attribute to beauty.

Facts everyone should know about hair.

Care of healthy hair.

How to care for baby's scalp.

Facts about soaps and shampoos.

The cause of hair troubles.

Dandruff.

Parasitic diseases of the scalp.

Falling hair.

Baldness.

Gray Hair.

Hair Dressing.

Eyebrows and Eyelashes.



(Continued from page 115)

alized that I was confronted with the greatest problem that had ever come before me. My good health was gone, and my beauty with it. I had no style. I knew almost nothing about literature or politics, nor any subject that my husband was interested in. I was beginning to look very old, and worst of all, I had lost my husband's love. This was a problem that involved not only my own happiness, but it involved my husband's happiness and career, and our children's welfare. It meant, perhaps, the breaking up of a home that we had been years in building and home-ties that mean so much to the children and to their father. For I knew he loved his home and children.

No wonder my husband had ceased to love me. What was there left to love? He needed a helpmate; I had filled that place completely and satisfactorily until he rose out of my sphere. But now he needed some one to climb with him, some one who could understand and sympathize, some one who was interested in the things that he was interested in, some one to be a real pal when he worked or when he played. And since I had failed to hold that place, he yearned for some one else who could despite his loyalty and high sense of honor. I realized that he was wavering on the brink, and that I must hasten to save him.

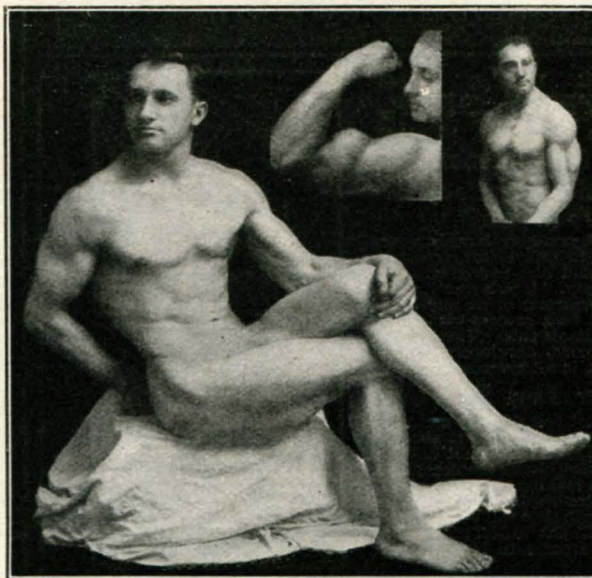
At breakfast the next morning we talked very little though, I told him I enjoyed the reception very much. I felt it was best not to say more, so I changed the subject. He left hurriedly, after finishing his breakfast. When the children had gone to school and I was alone I wanted to cry and cry and cry, but tears never get us anything; it is spunk that wins.

I hurried over to see Mrs. Jones, and asked her to go shopping with me. She was delighted. She selected for me some very pretty clothes, but while trying them on I realized that they did not look as well on me as they did on others because I had no poise. I realized that I had lots to do before I could look like my husband's friend at that reception. On the way home I asked my friend what she did to keep herself looking so young and girlish. For answer she stopped at her home, got some magazines and told me not only to read them, but to use them.

When I found time I tried on my gowns and practiced wearing them. Also I secretly read my magazines. I resorted to subterfuge, because really I thought it was wrong to try to win beauty and culture, because I had grown-up children.

I began to realize however, that by reading I might be able to make up to a degree, for my lack of education. I was attracted by the pictures in one of the magazines, and came across a set of illustrated exercises to be taken to the rhythm of music. I went into the parlor, turned on the phonograph and practiced those exercises for dear life. When I

## Here Is a Wonderful Course on Physical Culture that Will Be Mailed on Trial



Antone Matysek, age 30, teaching Physical Culture since 1910, the man who is offering to place you on the energetic strong man map. When you find your place on this map, you will always be full of pep, ambition and joy. You will be a real man!

If this Muscle Control Course does not produce everything I claim, and if it does not open your eyes and make you rich on health pointers and exercises it will cost you absolutely nothing—I GUARANTEE IT.

I do not urge anyone to procure this course because I offer it for but a few pennies, and these—TO BE PAID ONLY UPON SATISFACTION—but because the results are great — V E R Y GREAT.

It can not be a good constitution where the appetite is great and the digestion weak.

Love labor: for if you do not want it for food, you may for health. It is wholesome for your body and good for your mind.

Almost everyone, in discovering something of value, also wants his fellow-men to profit through his discovery. I feel that I should be neglecting my most important duty towards my fellow human beings, if I did not make every decent and honest effort—to induce every one to also benefit themselves through the use of this Muscle Control Course.

NO MATTER what your position and environment, physical and mental development is, you are being given a wonderful opportunity to get more satisfaction out of yourself and the world by this Muscle Control Course.

Thousands of men who have tested this course say it is the SUREST AND QUICKEST MUSCLE BULGING OUT STIMULANT, A SYSTEM OF EXERCISES THAT PRODUCE REAL ATHLETIC MEN WITH GRACEFUL OUTLINES FULL OF STRONG PERSONALITY. These Muscle Control exercises are the CHIEF SECRETS of why I am growing despite my age day after day, stronger, healthier and better developed as well. It would be a sin if I kept these secrets to myself and used it only to my personal benefit. Why not let me acquaint you with these progressive exercises that will bring forth the results you are after AND NOW are within such an easy reach for you.

SO ABSOLUTELY CERTAIN AM I that this Muscle Control Course in your hands, will enable you to become a better man physically, mentally and financially, that I am willing to place this Muscle Control Course in your hands for two days at my risk and expense. With every mail delivery I receive at least twenty testimonials from pupils stating how I successfully and in short manner put them back on their feet.

ADMIRATION always follows the robust, graceful and alert man. Pity trails behind the weakening because his failing strength and energy is not sufficient to carry him over the obstacles that obstruct every man's path to progress.

DURING THE PAST THREE YEARS I HAVE ATTAINED TREMENDOUS RESULTS in this business, these tremendous results were possible only by proving to the public my direct to the point training abilities—also by mailing a good course on trial, for I believed that most people would pay for a good thing even if the "information disclosed" was mailed out without any advanced payment. When you try this Muscle Control course yourself you will realize its tremendous influence. This is why I am willing to send it to any one—man or woman or matured child—on approval without a single penny in advance.

I WILL PLACE YOU ON THE REAL ROAD; I will show you the main secret that helped me to get what I longed for, and now certainly possess. Matysek's Muscle Control course will do wonders for you. You will be the envy of your friends. Learn how to get the most out of yourself. It is easy with proper guidance. GET STARTED RIGHT NOW! SEND NO MONEY. Just sign and mail the coupon and you will receive by return mail the "Matysek's MUSCLE CONTROL COURSE"—a course that will arouse your abilities to your own advantage, physically, mentally and gladness.

IF THIS MUSCLE CONTROL COURSE DOES NOT MEET YOUR APPROVAL, IT WILL COST YOU NOTHING.

### PROF. MATYSEK

523 N. Charles St. M. C. 30.

BALTIMORE, MD.

----- Mail this coupon NOW -----

PROF. MATYSEK, 523 N. Charles St. M. C. 30. Baltimore, Md.

You may send me, entirely at your risk, "MATYSEK'S MUSCLE CONTROL COURSE." I promise to either re-mail it to you, within forty-eight hours of its receipt by me, or to send you whatever its worth to me. If I think its worth one, two or three dollars, I will send you that; if I think its worth \$5, I will send that much. If I don't like it, I will send it back.

It is understood that I am to be under no other obligation, neither now nor later,

NAME.....

ADDRESS.....



# DOUBLE the STRENGTH of YOUR GRIP in 10 DAYS!

**You can do it with the  
VICTOR MASTER GRIP,  
and increase the size of your  
forearm from 1 to 2 inches.**

## What Good Is a Strong Body If Your Grip Is Weak?

No matter how much strength you may have in your body, unless you have the grip to utilize this strength, it does you no good. If you would box, row or wrestle, you must first develop a strong grip. If you want to become a weight lifter, bar bell performer or do any kind of gymnasium work, you cannot be a success without a strong grip. Physical culturists know this. That's why you find grip machines and forearm developers, which are the most important exercises, in all gymnasiums.

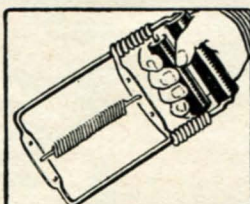
## Your Body Is No Stronger Than Your Grip

To build a strong body you must first develop a strong grip. This can be done in an amazingly short time—in your own home—with the VICTOR MASTER GRIP. This ingenious device exercises scientifically the neglected muscles of the wrist and forearm making them grow and expand so rapidly you will be astonished. In practically no time at all you can develop a grip that will be the envy of every one you meet. The VICTOR MASTER GRIP is also a grip tester, registering from 1 to 100%. Full testing directions with each one.

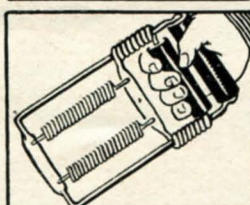
## THE VICTOR MASTER GRIP Is the One PROGRESSIVE Grip Exerciser

The reason the VICTOR MASTER GRIP is such a marvel and accomplishes such remarkable results is that it is constructed on the progressive principle. This means that the resistance it offers to the growing muscles can be increased as the muscles become more developed. Notice in the illustration how this progressive resistance is accomplished by means of the three wire springs. This virtually gives you three exercisers in one. So simple anyone can use it. So strongly made it will last a lifetime. Price complete only \$3, including course of instruction showing how to get best and quickest results. Send for one TODAY.

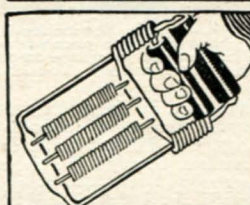
**HENRY VICTOR,**



**1 Spring - Mild**



**2 Springs - Medium**



**3 Springs - Strong**

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NEW YORK, N. Y.

TEAR OFF HERE

## Physical Culture Health Book Index

WE have made it a point to see that all books going out under our name shall in every way maintain the high standard set by PHYSICAL CULTURE Magazine. Every book in PHYSICAL CULTURE HEALTH LIBRARY was written to fill a particular and well defined need; each is the very finest work procurable upon the subject involved.

If advertisements regarding any books in which you are interested do not appear in this issue, place check marks against their names and mail this index to us for full information, or enclose remittance and they will be sent you by return mail with the understanding that if, upon examination you do not wish to keep them, you may return them within 5 days after receipt and your money will be refunded without question.

Before actually mailing your order direct to us turn to page 90. It is possible that you live within trading distance of a store handling Physical Culture Health Books. If so you will save time by making your purchase locally.

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|   | <input type="checkbox"/> Spinal Development..... 5.00                         |   |

Address Replies to **PHYSICAL CULTURE CORPORATION**

Dept. B-6 119 West 40th Street, New York City

Name..... Address..... City.....  
(Write Carefully)

quit, I was so tired and stiff I didn't think I would ever have the courage to try it again. But the very next day I went back to it. That was three years ago, and I have not missed many days since.

I also read in that magazine that tennis and horseback riding were excellent exercises. The idea of playing tennis aroused my interest immediately, for we had our own tennis court, and the children were good players. My, but they had fun teaching me! I was so awkward they often stopped to laugh at me, but I learned just the same. Determination and perseverance always win, and now I can play a close game with any of my children, and we enjoy it too.

As for horseback riding, that was easy. I had been an excellent rider before I was married, and with just a little practice I could ride as well as ever. The hardest part was getting up enough courage to ride astride, but I soon learned that too. I rode with my eldest son, and nothing would do but he must buy me a riding habit, and after he did I tried to please him by wearing it. He also taught me to drive the car.

I taught my daughters to do housework, and they enjoyed it immensely. But I warned them never to become slaves to it. I gave the care of the chickens over to the two younger boys, offering them ten percent of the profits. They made such a success of it that we had to enlarge the poultry-yard the second year, and they always had money to spend. And to my great surprise I found that the maid could do the work as well as I could. Somehow things just seemed to fall in line, and I soon found myself the manager of my household, instead of the slave.

I was beginning to look like a different person by this time. My health had improved wonderfully, as well as my looks. With each exercise I kept telling myself that I was getting healthier, happier, younger and prettier, and if you don't believe that will work just try it in earnest for several weeks.

Every one seemed to notice my improvement but my husband. It almost seemed that he had completely lost interest in me. I could not afford to worry, however, so I just trusted in God above and kept right on trying.

When school opened again I told the children to bring their books home and study at night, promising to help them. As a matter of fact, they were helping me, but they never knew it. I studied as hard as any pupil, and learned fast too. I was now the regular chum of each one of all my children. Before I was only their mother, but now I was mother and chum. My eldest daughter and I would often go to matinees together. I felt like a new woman, except when that bitter pang would creep into my heart. And only those who have had the same experience can fully understand.



One day my husband brought guests home to dinner and I was not at home, something that had never happened before. As a consequence, he became angry and alarmed at my absence. When they had dined and had repaired to the lawn for a smoke, I came dashing up the drive on horseback, our eldest son following close behind. We'd been having a little race, and he was trying to catch my horse, my bridle being broken. We were both dressed in riding habit. I was conscious of looking very well, I knew my son did. I jumped down from my horse, greeted my husband and his friends, and did not feel one bit awkward. They complimented me highly, but it had been so long since people had remarked on my looks, that I hardly realized they meant me.

The next surprise came when my husband saw me playing tennis with the children. He asked me when I learned to play, and subsequently he joined us. He was absolutely delighted with my game. The biggest surprise came when upon returning from an out of town trip, he found the car gone and afterwards saw me driving up in it with our eldest daughter. We had been to a show and were wearing new clothes. Honestly, he rubbed his eyes to make sure that it was I. Then he said, "Why Mary, you are beginning to look like you used to." Well, it made me so happy I wanted to cry. Then he said he hadn't thought I cared for shows but since I did he would like me to go to the theatre with him that evening, asking me to wear that same dress, and to arrange my hair the same way. During the show that evening he actually held my hand and squeezed it too, several times.

After that evening everything was easy. We have been the very best of pals ever since, and I am friends with his friends. He is not ashamed of me, and I am not a drawback to him. Rather I am a helpmate, and always shall be.

He told me all about his love affair and said it was only a fancy, that he had never loved any one but the mother of his children. I knew, however, that had I not made up my mind to win him back, it would have developed into more than a fancy. In fact, that would have been quite real, and our home would have been a mere fancy.

Today, we are one of the happiest families living. We are in perfect harmony with each other. How nice it is to attend your children's graduations and weddings together—and to rejoice together, as father and mother should. Happy home life means so much to the world that it is indeed worth working for.

If all husbands and wives would pull together; helping one to climb as the other climbs and staying in the same sphere where there can be harmony, there would be happier homes, happier children and a happier world.

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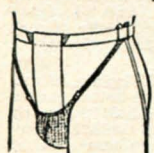
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## Questions from Health Seekers

### Improving the Neck

G. R.—Enlarging and rounding out the neck is a very simple matter, since the neck responds, perhaps, more quickly to exercise than any other part of the body. If ordinary head-bending, turning and twisting does not accomplish results, then it would be necessary to do some floor exercise, both face down and on the back, in the nature of the wrestler's bridge, so-called, that is, supporting the body in part upon the head. Lie on your back and raise hips and shoulders from the floor. Also face down, with the head on a pillow, raise the body so as to support it partly on the head. In this position execute a rolling movement of the head.

### The Question of Salt

T. H. C.—The question of the value of salt in the diet is a much debated one, with the odds, it would seem, in favor of those who are opposed to the use of salt as an artificial adjunct. Certainly, with a diet of natural foods as Nature grew them, there is no deficiency, and salt is a wholly unnecessary addition. Also Stefansson found that some Eskimo tribes not only did not use salt, but were opposed to its use when they became acquainted with it. They would not eat meat to which salt was added in the course of cooking. On the other hand, when used in very moderate quantities it would seem to be a matter of little importance. As to the possible harm of using a great deal of salt, as some do, that is a matter upon which probably scientific investigation will in time throw very definite light.

### Sour Stomach

E. S.—As a very simple procedure, the drinking of hot water, not one cup in the morning on arising, but if possible three or four cups to flush the stomach thoroughly, may be suggested as an easy means of overcoming the sour stomach of which you complain. Your plan of eliminating sweet foods is excellent, but it does not follow that abstinence from fruit, on the theory that fruit is sour, is a good thing. If you will masticate your orange juice or other fruit juices thoroughly, so that the mild fruit acids may be alkalinized by the alkaline saliva, then liberating the alkaline bases found in fruit, it might well be that the use of fruit would help you to acquire a normal and healthy stomach. If care in diet and the two meal per day plan do not prove effective, it may be necessary for you to adopt a more radical treatment in the form of a fast of a few days, giving the stomach a complete rest, in conjunction with free water drinking. Then an exclusive milk diet of from three to six weeks, would so build you up and restore you to normal condition, that you might gradually resume an average healthy diet without fear of further trouble.

### Painful Menstruation

G. W.—As a general rule the cultivation of vigorous health and particularly of a good circulation that goes with an athletic life, tends to reduce or eliminate the painful and difficult experiences that so many women encounter each month. Furthermore, the hot sitz bath, because of its relaxing, and pain-relieving character, is usually very effective indeed as a means of securing comfort. If in spite of such local treatment, painful menstruating persists, and particularly in your own case, there would seem to be some mechanical obstruction. A displacement of the uterus is sometimes the cause of such difficulty, especially when this takes the form of retroflexion or antelexion, in other words, this structure is doubled or bent over upon itself. In such a case obstruction occurs somewhat in the manner of the kinking of a hose, which stops

the flow of water. If the case is serious, it might be well to have an examination to determine the possibility of any obstructing condition. Sometimes corrective floor exercises, as on an inclined ironing board, will overcome such displacements.

### Asthma or Bronchitis?

C. J. W.—Whether your physicians diagnose your trouble as asthma, acute bronchitis or chronic bronchitis, it is of course the manifestation of your general state of health. Bronchitis, incidentally, is an extremely obstinate condition, sometimes requiring many weeks to overcome completely. Well-balanced circulation is of extreme importance, and for this reason you should make it a point to maintain bodily warmth at all times. Of course the true test of bodily warmth is to be found in warm feet and warm hands. So far as asthma is concerned, your nervous condition and general health are naturally a factor. It is also held that indigestion has much to do with asthma. What you need is an all around program of physical building up, with special emphasis on the balanced circulation that is indicated by unfailing bodily warmth. A light protein diet is also important.

### Internal Bathing

J. J. B.—Inasmuch as internal cleanliness is a vital factor in physical conditioning, the practice of so-called internal bathing has a legitimate place in the scheme of physical culture. Perhaps, however, one should qualify this statement by adding that internal bathing is desirable when needed. Like many other good things, it has its uses and its limitations. It is a first aid or emergency treatment, rather than an essential part of daily life. It is the "natural" substitute for cathartics or drug laxatives, but it should not be expected to take the place of rational diet, physical activity, and a normal life such as is conducive to natural functioning of every organ without the need of such help. In other words, internal bathing is essential for those who need it, but one should if possible learn not to depend upon an artificial method of this kind. A diet of whole wheat bread, plenty of fruit, vegetables and natural foods, together with several miles of walking each day, free water drinking and a generally active life, should make enemas unnecessary. But when they are needed, they are very greatly needed, and represent the natural way as against the drug method.

### What Kind of Exercise?

G. R.—The best form of exercise in any individual case depends upon the purpose one has in mind. If you want elasticity, improved circulation, and health, you will be satisfied with light calisthenic work. But if, as you say, your purpose is to build a vigorous physique and to attain exceptional strength, you simply must employ exercises that involve sufficient resistance to build continuously greater muscular power. Gymnasium apparatus work is ideal. Bar-bell work intelligently practiced is fascinating and effective. Wrestling is the supreme sport for your purpose. Other athletic games, including weight-throwing, will be helpful.

### Prolapsed Stomach

A. G. R.—Exercises in a horizontal position, that is, on the floor or on the bed, rather than standing or vertical exercises, would be corrective of the sagging of the stomach you describe, and likewise of other internal organic displacements of almost any kind. These must be supplemented by improved posture, the erect head, expanded chest, retracted abdomen. Stretch your arms high above the head to secure this improved posture.



## Syphilis Cured by Milk

(Continued from page 55)

We know, without consulting a dream book, just how useful these brave lads would be in capturing a gunman, in rounding up a couple of second story men, or in carrying a woman out of a burning building. It would be the same sort of a physical impossibility for them as it would be for a doped and poisoned phagocyte to cope with a streptococcus, a pus germ—or the germ of syphilis.

And this is the crux of our argument. If a healthy body can overcome germs which are intensely malignant in their nature—as we know it can do—why can it not, under certain exceptional conditions, overcome other germs, perhaps not much more malignant?

Especially when, after a cleansing fast, milk and orange juice are selected as exclusive articles of diet. For milk, as we know, is the best balanced, and perhaps the most completely digested of all foods. Oranges furnish additional vitamins and alkaline mineral bases, which tend to restore normal blood alkalinity—helping out the calcium salts of the milk in this good work.

By the fast and by this regulated diet, toxic debris is pretty thoroughly scoured out of the system, for only a minimum amount can form from the end-products of the restricted diet. And in the process the phagocytes are tuned up for active work.

What happens then?

What usually happens is that the patient, if he has the "spunk" to take his "medicines"—cleansing fast and a carefully restricted diet—goes right along and gets well.

At least, this is what has happened in a number of cases brought to my notice for study and observation.

In the case detailed in this article there is a particularly clean-cut description of a certain method of treatment producing a certain definite result.

Mr. Van Deest was syphilitic—the diagnosis made by competent men, and confirmed by the findings of pathologists and laboratory technicians.

The Wassermann made by Dr. H. E. Butka on April 20, 1921, at the Clinical Laboratories of the White Memorial Hospital, 300-400 North Boyle Avenue, Los Angeles, California, showed a 4 plus.

This is about as many pluses as any one ever gets in a syphilis test, and in the minds of those who believe in Wassermanns, establishes, beyond a particle of a doubt, that the particular patient whose blood gave this particular reaction, is definitely afflicted with syphilis. And very definitely, at that.

Outside of the orthodox treatment by salvarsan, mercury and the iodides—it is quite uniformly held that there is no cure

(Continued on page 129)



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which will tell you much you wish to know about the prostate gland and its functions—and how a disorder here may cause sciatica, backache, painful and tender feet, disturbed slumber and other painful disturbances. It will tell you of a new and harmless method of drugless, home treatment that has been used successfully by thousands of men in alleviating these troubles—a method that is being endorsed by prominent Physicians, Physical Culturists, Chiropractors, Osteopaths and other leading health authorities. The book will be sent free, without obligation, upon receipt of your simple request. Address

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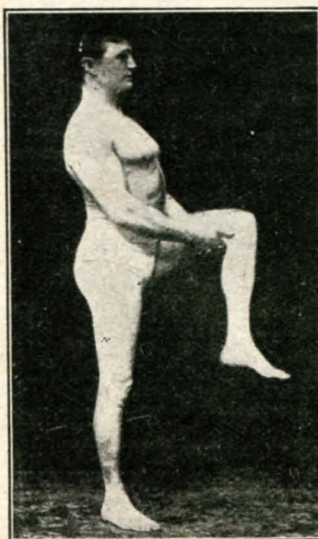
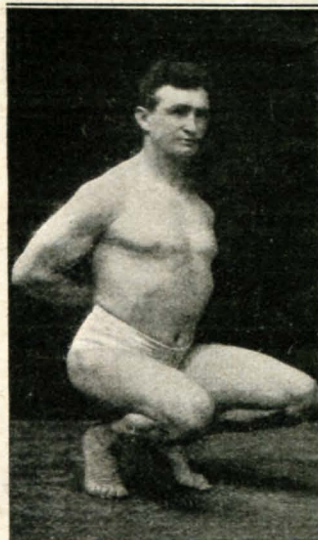
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Exercise for Vitality Building  
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## For WOMEN





(Continued from page 121)

for the infection, and that the victim rots himself to death, or else dies of ataxia, paresis, or brain gumma or tumor.

Yet Mr. Van Deest did none of these things. Instead, he took a rather heroic dose of fasting and regulated diet, and on August 31, 1921, the laboratory report of Dr. Van de Erve, pathologist of the John-

But from all indications, it will be well worth listening to—when it is said.

## How I Was Cured of Syphilis

By Walter J. Van Deest

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H. E. BUTKA, M. D.

Specimen Sent By Dr. W. P. Magan  
Covina, Calif.  
Date Sent Received April 20, 1921  
Origin of Specimen Blood from Mr. Van Deest  
Examination Desired Wassermann  
Date Reported April 22, 1921  
Report Reaction - + + + + (Four Plus)

*H. E. Butka, M.D.*

There could be nothing more definite than this diagnosis of Mr. Van Deest's case at the hands of a high-class laboratory in Los Angeles, showing a four-plus positive reaction, the strongest known evidence of syphilis.

ston-Wickett Clinic (case No. 10621) of Anaheim, California, reported the Wassermann "negative"—confirmed by physical examination by the physicians in attendance.

These results do not merely happen. They are brought about by a definite and distinct cause. This cause may not be very thoroughly understood at present. As a matter of fact, the explanation which I advance in this article is, so far as I know, original.

But the facts are obvious and outstanding. And the sooner the medical profession recognizes a certain value in them, and acts accordingly, the better off many millions of syphilitics and other blood poisoned individuals will be.

It should not be difficult to put the matter to the severest and most exhaustive tests. The great good that may come from this research is beyond the power of any mortal man to say.

And I am saying this with all due respect for their profession and endeavors, for I truly believe they are nearly all sincere and honest. I had faith in their methods through it all, allowing them to spend my money, youth and health for dangerous experimental purposes, without their giving me any guarantee that I would be cured.

And I believe those dreadful and poisonous drugs they gave me helped to make my condition worse instead of better, and tended to drag me downward

"I'll tell the whole world if this system cures me." That is what I said when I grasped at the opportunity to be cured of that most terrible of all diseases, syphilis.

I am truly grateful to those who were instrumental in bringing before my tired, hungry eyes and despairing heart the immensely valuable information that gave back to me the hope and courage that had been shattered by continued disappointments and sad experience with various questionable methods advised for treating syphilis by specialists and scientists of excellent standing.

Blood or Spinal Fluid		LABORATORY REPORT	
		JOHNSTON-WICKETT CLINIC	
		ANAHEIM, CAL.	
Case No.	10621	Ref. by Dr.	
Name	W. J. Van Deest	Date	Aug 31-24
SERUM REACTION	Blood Spinal Fluid	Wassermann	negative
WIDAL	BACTERIA	PARASITES	Cell Count
Hgb. Pct.			
ERYTHROCYTES	Per Cu. Mm.	DIFFERENTIAL COUNT	
COLOR INDEX		Leucocytes	Per Cu. Mm.
NORMOBLASTS		Small Lymphocytes	Pct. (20)
MEGALOBLASTS		Large Lymphocytes	Pct. (3)
POIKILOCYTES		Polymorphonuclears	Pct. (75)
POLYCHROMATOPHILIA		Eosinophiles	Pct. (4)
ANISOCYTOSES		Basophiles	Pct. (5)
BLOOD PLATELETS		Transitionals	Pct. (3)
CLOTTING TIME	(5 min)	Myelocytes, etc.	
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REMARKS		(62) H10N CONCENTRATION	(7.5) AMBARD'S COEFFICIENT

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toward a disgraceful end where I would be despised, dreaded, contagious, and an embarrassing burden on my family and on society.

Many times in my weak mental and physical state I was tempted to end it all. That was my goal as I groped around in the darkness.

Then one blessed day the hope was extended to me that there was a sure method for curing disease, a cure as old as the human race. "Just giving nature a chance," as I now recall it. The author of the article that held out this brilliant truth, advised the method, as a result of his personal experience.

Well naturally, I would not—could not believe that statement. However, in spite of the fact that I believed in the medical methods and not in this one, I tried the cure at once. For I had nothing to lose thereby, and everything to gain.

This is the method that cured me. It is a drugless one and inexpensive; also it is convenient. You can let nature cure you in your own home without any embarrassment.

And above and beyond all it is the method that is guaranteed to cure one forever of that terrible and dangerous disease, syphilis, responsible for so many failures, business, financial, political, professional, and, most important of all, social and matrimonial. Nature guarantees to cure you; she cures you if you just let her have a chance.

Here is what I did to cure myself of syphilis, and I believe that anyone can be cured the same way if he will follow the same lines of treatment. I ate light meals for two days. Then I started not eating anything, but drinking plenty of water all the time.

On the third day of the fast I ate one orange for breakfast, one banana for lunch, and one apple for supper. Then I ate nothing more until the morning of the eighteenth day, when I broke fast with one orange for breakfast, two bananas for lunch and one apple for supper.

This diet I continued until the morning of the twenty-first day, when I went on a milk diet for fourteen weeks, drinking one quart of raw milk at each of three meals a day regularly, and always drinking plenty of water.

I took a good long walk every day during the fast. And while on the milk diet I took plenty of exercise in the way of light work every day. These treatments kept me from my work only for the short period of four weeks, during which time, of course, my meals were not very expensive. All water, you know, and plenty of fresh air. This leisure time took place during and right after the fasting period.

I weighed 193 pounds when I started fasting, and 171 pounds when finishing, losing 22 pounds during my 21 day fast. I did not suffer any physical pain, but I had the continual and natural desire for food. I tried to treat the thoughts of food very lightly, however.

Of course I was a little weak the last

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few days of the fast, although the desire for food was strongest the first three days. But I always kept foremost in my mind the thought that what was to be gained was well worth while.

My urine during the first part of the fast was as clear as sparkling spring water, with a slight coloring the last few days. My bowels moved but very little after the third day of the fast, but became very free again when I started the milk diet.

I slept well every night. I went to shows frequently during the fast, and also had a hobby to pass the hungry hours away.

That is the story of my battle to regain normalcy, and I have been a healthy, happy man since I first looked at the report on the Wassermann test taken of a sample of my blood after the milk diet was ended.

My case was like thousands of cases today. It was a stubborn one. It was contracted while in an indiscreet mood in a Southern city, when I was but eighteen years old. I was a big, healthy, robust boy, full of ambition and vitality, out looking for adventures and opportunities in life.

Of course, it was human nature for me to be tempted and to fall. The results were terrible. If God or man could produce moral incentive that would be an inducement for young men to be as virtuous and pure as most of our young girls are, how much better the world would be.

It is seven years since that disastrous episode, and those years, with the exception of the recent wonderful months, were hell to me.

You will note the accompanying report on the Wassermann test—taken of a sample of my blood after taking the last medical treatment and before starting the physical culture treatment.

Here are a few simple rules which I have found to bring pleasant and satisfying results when diligently adhered to.

I believe similar rules should be of great importance to every one desiring health and happiness.

1. Have a hobby and ride it.
2. Love nature and see as much of the great big wonderful outdoors as you possibly can.
3. Interest yourself in real art and music.
4. Don't be selfish, egotistic or hypocritical.
5. Keep the Golden Rule and Christ's commandments.
6. Read PHYSICAL CULTURE.
7. Don't worry.
8. Drink no tea, coffee or alcoholic beverages—only water and milk.
9. Eat more fruits, nuts, cereals, vegetables, and less meats, gravies, spices.
10. Exercise every day.
11. Sleep comfortably, not less than eight hours, in a well ventilated room every night.
12. And finally,  
"Be ye temperate in all things" and use your common sense.

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The Strength Maker is interchangeable. You can make it into a long bar bell that weighs about 40 lbs., empty, or a short bar bell that weighs about 35 lbs., empty, or two ring weights that weigh about 20 lbs. each empty. You can load them with sand, which will make the weight as heavy as you should ever need for all purposes of health and physical powers. Should you wish a very heavy bell you can use lead shot, which will make the long bar bell about 210 lbs., short bar bell about 200 lbs., and ring weights about 100 lbs. each.

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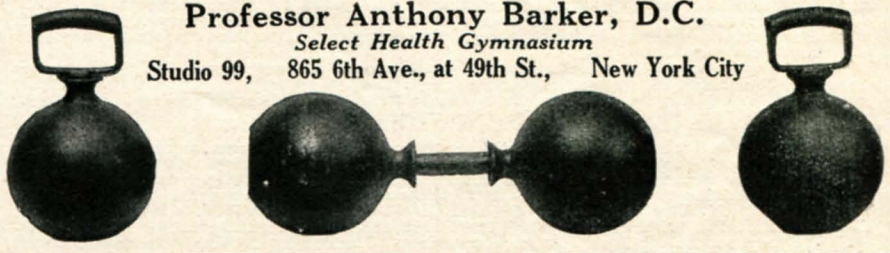
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This offer is liable to be withdrawn at any time. I believe in the near future I will be compelled to charge \$30.00 for this outfit, so here's your chance to obtain the complete course in physical culture for home training and the remarkable bar bell outfit at the bargain price of \$17.00. I would strongly suggest that you send a post office money order for \$17.00 before the bar bells are all sold. Send your order today, now, before you forget.

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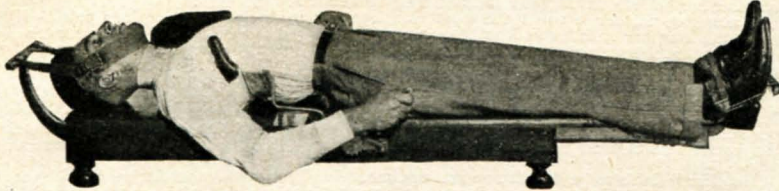
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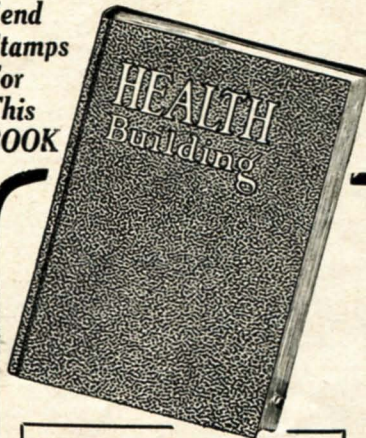
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*Indigestion and Constipation.*

*Headaches and Brain-Fag.*

*Treatment of Respiratory Disorders.*

*Complexion, Hair and Scalp.*

## Leaves—Why and How to Eat Them

(Continued from page 41)

used, and they are merely steeped, not eaten. Tea leaves contain tannin, which is anything but wholesome, and so do many tree leaves. The leaves of corn and other grasses eaten by herbivorous animals, are too fibrous for human consumption.

The type of plants the leaves of which are edible for humans are the tender, quick-growing herbs or "vegetables." All our garden vegetables were at one time wild species, or as we would now call them, weeds. We have merely domesticated and cultivated the more edible varieties. Some weeds or wild species are still eaten under the general term of "greens." I would not attempt to name or classify them, or even recommend them, since such information is useless to city readers and folks that live in the country can grow greens in the garden easier than they can harvest them in the fields. Here is a complete list of garden grown leaves which I shall attempt to arrange in order of popularity and practical utility.

Lettuce	Chinese cabbage
Cabbage	Chinese mustard
Spinach	Parsley
Beet leaves	Celery leaves
Endive	Young onion tops
Mustard	Corn salad
Kale	Chicory
Turnip leaves	Sorrel
Chard	Chervil
Collards	Cress (pepper grass)
Romaine lettuce	Water cress
Dandelion	Witloof chicory
Radish tops	(Christmas salad)
	Brussels sprouts

From experience in my own garden I can vouch for the practicability of all save the last seven on the list. In practice we find that lettuce, cabbage, beets, turnips, endive, mustard, chard and kale give us all the variety of green fodder we care for, and all are easily grown. Practically all of them may be grown for both spring and fall use. Kale is a great winter green and may be planted in June. Mustard beets and chard will grow at any time of the year when anything will grow. Turnips and endive may be planted in August for fall greens. Endive is a very fine salad plant and we use it almost as much as we do lettuce.

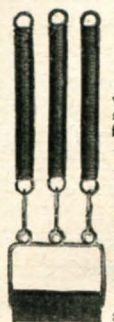
Some of these leafy foods are to be eaten raw and some cooked. There is no law or rule in the matter except the way you like them best. Try them all uncooked and then cook the ones that don't taste right raw.

In the matter of leafy foods city folks have to take what the market offers. In some places this may resolve itself down



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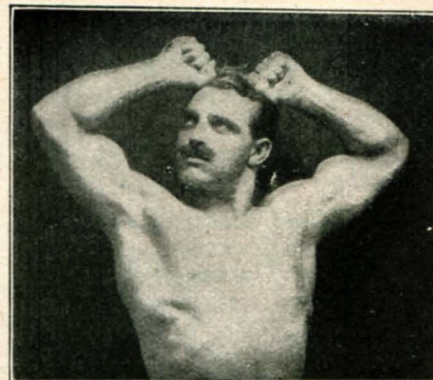
to lettuce in the spring and early summer and cabbage and celery in the fall and winter. In the New York market spinach, kale and endive are almost always available, and dandelion, parsley and a few other sorts are to be had in season.

With nothing but lettuce, cabbage and celery one may always have salads, and a variety of salads at that. The word salad is about the vaguest term in the cook book. Sometimes it seems to mean anything that has a lettuce leaf under it; to others it means any mixture of things eaten uncooked, or yet again anything that is served with a salad dressing—and there are exceptions to all these efforts at definition. So for the present, let us define a salad dish as any edible mixture, the chief ingredient of which is one or more varieties of uncooked leaves. This includes one of the best and cheapest of all salads which isn't called salad at all but "cold slaw."

The variety of salads feasible is almost infinite. If you have ten kinds of leafy vegetables, ten kinds of solid ingredients, and ten kinds of salad dressing, then with only one of each of the three elements you can have a thousand kinds of salads. I wouldn't advise mixing two kinds of salad dressings, but if you have them you can use two or more kinds of leaves, and you can likewise double up on some of the solid ingredients, so, even with a poverty of material to start with, you can have an endless variety of salads.

By this term "solid ingredients" I mean to include any and everything that is used in a salad besides the leaves and the dressing. It may be non-leafy vegetables, fruits, nuts, meats, eggs or cheese. Grated raw carrots, or turnips or beets, sliced tomatoes, cucumbers, onions, radishes or green peppers; cooked beet pickles, cooked and string beans or peas are all good additions to salads. Among fruits, oranges, bananas, pineapples, apples and grapes are the most frequently used. Chopped nut meats of any sort may be used—the peanut in the form of butter being an ingredient of a salad dressing. For meats we have chicken and salmon as the most commonly used. Sardines and chipped dried beef are also feasible, and, when you have them, crab and lobster meat. Hard boiled eggs are always available for the meaty element of the salad, but this is doubling up when eggs are used in the dressing. Cheese in any form is a good salad ingredient, but the best form is that of soft cream cheese, which may be used either in the dressing or just added as an extra ingredient. Cottage cheese is less expensive but not quite so tasty. Lastly I should mention an ingredient that doesn't classify, and that is olives, either green or ripe.

None of the above elements are necessary to make a salad, but are just extras added to give taste and variety and to make the salad more of a full food dish. The salad proper is the food leaves with



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L. MEHLER,  
Waynesboro, Va.

Our files are filled with just such letters of grateful appreciation as those we publish here.

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The eyes are controlled by nerves and muscles, just the same as other parts of your body. You know that your arms or your legs or your hands or neck or back can be strengthened by exercise. If that were not so, half the people in the world would be going around on crutches. Well, why put crutches (that's just what glasses are) on your eyes when they grow weak? Why not try exercise?

Hundreds of people have been able to discard their glasses as a result of sending for Mr. Macfadden's Course in Scientific Eye Training. It is probable you can do the same. Why not try?

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Entirely at your risk you may send me your course of Eye Exercises. Upon receipt I will pay the postman \$5.00.

It is understood if after trying the course for five days I decide not to keep it you will immediately refund my \$5.00 upon return of the course.

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### We Take the Risk

We would like to have every reader of PHYSICAL CULTURE who is afflicted with poor eye-sight try Mr. Macfadden's Eye Training methods. For this reason we have arranged a plan whereby you can have the course sent to you on approval with the privilege of practicing the exercises for five days before deciding whether or not to keep it.

The price of the course has been purposely made very low so as to be within the reach of every person—only \$5.00 postpaid. If your eyes are weak, can you afford to ignore this offer and all that it may mean to you?

**JUST MAIL THIS COUPON.**



### Wore Three Kinds of Colored Glasses—Now Sees Clearly Without Glasses

Before I received your courses my eyes had gotten so bad that my entire digestive organs were upset. My appetite was gone. I

only ate because I knew that I needed food to sustain the body.

I had used two or three kinds of colored glasses to shade my eyes, but they seemed to only add to my misery after using them a few days. I finally decided to have my eyes tested, a thing I hated to do, but finally I went to an optician and underwent a treatment.

After carefully testing my eyes he finally became rather puzzled at my case because he found after careful investigation that I might not need glasses.

This puzzled me too for I knew not what step to take next. About this time I came across an advertisement of yours and sent for it at once. I received it in due time and have been following instructions as best I could ever since. This was thirty days ago. To-day I am able to see clearly on the brightest sunshine day without frowning, be the pavement or street ever so bright. I have discarded the glasses altogether. Very respectfully yours,

R. S. ROBERTS,  
Box 325, Fernandina, Fla.

### His Sight Is Better Than It Has Been in Years

It may be interesting to you to hear that I have been able to discard my glasses and my sight is better than it has been in years. I would like to know how long the various strengthening exercises should be kept up. The glasses I discarded were for astigmatism, and were right eye 1-25,30 and left eye 1-25,120.

Again thanking you for sending me the books on "Eye Training," I remain,

Very truly yours,

R. D. ROBERTSON,  
1100 Evergreen Ave., Plainfield, N. J.

### Would Recommend Our Eye Strengthening Course to Anyone Who Wears Glasses

I am getting along with the Eye-training Course. Must say, have had good results and would recommend it to anyone who wears glasses.

Yours truly,

WM. S. GRINDELL,  
1515 Myrtle St., Scranton, Pa.

the salad dressing. If you use these additional solid ingredients I would suggest that you use them as additions and not as the main bulk of the salad—serving salmon on lettuce leaves is just an ornamental way to serve salmon, for one leaf of lettuce isn't very much lettuce and won't furnish any effective quantity of the food elements for which the eating of leaves is recommended.

Salad dressings vary in complexity from just salt up to those that contain a dozen ingredients and require considerable skill in the making. Most of the art of making salad dressings consists in ways to emulsify oil. But one doesn't have to emulsify oil to make a salad dressing, and one doesn't even need to use oil in the dressing.

The non-oil dressing is particularly in demand by those who are making use of salads for the purpose of reducing or avoiding obesity.

The elements of salad dressings may be grouped as follows:

1. Salt.
2. An acid: as vinegar, lemon juice, sour milk or cream, pineapple, tomato or rhubarb juice.
3. Oil: any vegetable oil, olive, cottonseed, corn oils, etc., butter, rendered chicken fat, peanut butter or cream.
4. Oil emulsifying substance: raw egg yolk is the most perfect emulsifier; raw whole egg, cooked yolks, cream, condensed milk, cream cheese, cooked cornstarch or flour, or peanut butter are less perfect emulsifiers but are all good thickeners.
5. Pepper, mustard, paprika or other hot spices.
6. Sugar or honey.
7. Finely chopped solid ingredients for appearance or flavor, as chopped pimentos which give a red speckled dressing, or chopped parsley or spinach which gives a green dressing.

By combination of these materials hundreds of dressings can be made, and yet one rarely finds over a half dozen recipes for salad dressing even in a most voluminous cook book. I don't say that all possible combinations will make palatable dressings, yet I have often made excellent dressing by mixing such ingredients as struck my fancy or happened to be handy without a worked out recipe or the measuring of ingredients. In other cases I have tried painstakingly to follow rules and have failed to get good dressings.


Here is a "recipe" for the simplest of all salad dressings, and one that is good enough if the salad itself is really palatable: Take the juice from half as many lemons as there are folks to serve, and salt it to taste. An abundance of leaves—lettuce, cabbage or anything else available, eaten with this dressing is guaran-



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teed to be a reducing dish par excellence.

Add to the above dressing condensed milk, or cream cheese, and you have a dish that furnishes all the food essentials except the fattening elements, hence a diet that will keep you nourished with not-fattening food essentials. The more you eat of such salads and the less you eat of anything else, the quicker you can safely lose your surplus avoirdupois.

If you are not on a reducing diet, add oil to your salt and lemon juice (or vinegar) and you have what the cook books call "French dressing." The cook book writers call it French dressing because it is the way nine-tenths of ordinary American farmers eat their home grown lettuce, but salad dressing sells better to city folks with a European title, the same as husbands.

Mayonnaise dressing looks and sounds more Frenchy. Making it is the most exacting job taught in the cook book, with the possible exception of angel food cake. To do it one has to mix oil and water, which is notoriously difficult. To perform this miracle you take one egg yolk, a teaspoon of salt, a teaspoon of powdered sugar, a teaspoon of mustard, and a little pepper, and mix these all up. Pour out a cupful of any kind of salad oil, beat the egg-yolk and add the oil drop by drop, taking the precaution that all the ingredients are cold.

There is a reason why the ingredients must be cold. Hot oil is thin and runs together. When it is cold it will stay separated into little globules, each coated with a thin film of the emulsifying yolk. Also be sure to add the oil slowly at first, or it will be so abundant that you cannot break it up into small enough globules without their running together. After it once begins to emulsify, however, it thickens up quickly and the oil does not run through the mixture so freely. You can now begin to add the lemon juice, alternating with the oil, and working more rapidly.

Mayonnaise dressing is nine-tenths oil, and pound for pound is about twelve times more fattening than potatoes, so don't eat it to grow thin.

## Peanut Butter Dressing


Mix a rounded tablespoonful of peanut butter in a cup with a little milk (or water), adding more liquid until it forms a smooth mixture about as thick as country cream. If you live in town make it twice as thick as town cream. Now beat into it a teaspoon of salt and the juice of a lemon. Mustard, pepper and sugar are optional ingredients.

## Junket as a Dressing

Junket tablets are now on sale at most groceries, and instructions for making the junket are on the box. Junket made in the ordinary way with a little vanilla and sugar is a very fine dressing for any milk-flavored leafy salad. It is

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Pyorrhea  
Sciatica  
Skin Diseases  
Sore Throat and Throat Diseases  
Toothache  
Weak Eyes  
Warts and Moles

especially good with fruit salads. Serve it on the salad in the place of a salad dressing. It is not exactly a dressing for the salad, but rather something to eat with salad. Use about as much junket as you have salad.

### Apple Sauce Dressing

Cook an apple sauce with very little water and no sugar. To a cup of hot apple sauce add from one-fourth to one-half cup of butter. Whip thoroughly. Unless apples were very sour add the juice of half a lemon, and a little sugar if you like. Do not salt it. Whipped apple sauce will also emulsify and retain oil, but the butter dressing is the finer flavor.

### Banana Dressing

Banana pulp will not mix as well with oil as will apple sauce, but a fair non-fat dressing may be made by mashing up and beating with a fork a banana with the juice of a lemon and a fourth teaspoon of salt. This is for leafy vegetable, not fruit salad.

### Raw Egg Dressing

Those who do not dislike the flavor of uncooked egg will find this dressing easily made and very good. Take two eggs and half a cup of salad oil; beat together and then beat in the juice of half a lemon and half a teaspoon of salt. This dressing should be freshly prepared, as it will not keep like mayonnaise.

### Egg-White Dressing

Most of the eggy flavor is in the yolks. A dressing may be made of whites only, similar to the above recipe. It will be a little stiffer and have a delightful creamy flavor if melted butter is used instead of oil. The egg-white is inclined to separate slightly and it should be whipped up a bit just before serving. When one prepares a quantity of mayonnaise there are extra whites which may be used in this way immediately, keeping the mayonnaise for later use.

### Condensed Milk Dressing

This is my favorite salad dressing. Folks who own Jersey cows may not find need for it, for it is a city man's way of making a full cream dressing. Take a cup of unsweetened condensed milk (evaporated milk), a half cup of salad oil, beat together, and then beat in the juice of one lemon and a teaspoon of salt. Mustard, sugar or other flavors may be added as you like them. This dressing is just the right thick, creamy consistency. It is somewhat less fattening, but otherwise more nutritious than mayonnaise, and also a little less expensive and easier to make. It must be made fresh each time, but it can be made in two minutes and the ingredients are usually at hand. Vinegar may be used in the place of the lemon, but the lemon is more wholesome and better flavored.

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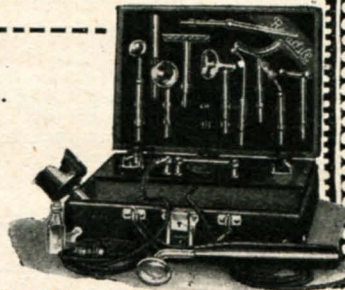
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## Cream Cheese Dressing

Beat up one of the three ounce cakes of soft cream cheese—the kind that comes in the little tin-foil packages—with a half cup of thin cream or evaporated milk. Salt to taste and serve on the salad. If you have a bitter leaf salad you may want some vinegar or lemon juice with the cream cheese dressing, but for lettuce or cabbage the cheese has ample flavor. It needs no added oil as there is ample fat in the cheese.

## Fruit Juice Dressing

Pineapple, blackberry or any tart fruit juice may be made into a salad dressing by merely thickening it with corn starch, using about two level teaspoonfuls of starch to each cup of juice. The creamy starch-thickened juice will emulsify oil, but the oil taste does not combine well with the fruit juice. Neither does salt, so you want nothing but the starch-thickened fruit juice. Such dressing is particularly good on a fruit salad. We use the canned pineapple juice for this dressing and put the pineapple in the salad.

## Gelatin Dressing

Where you have facilities for serving the salad cold, a very delicate dressing may be made with gelatine as the thickening agent. The lemon juice has a tendency to liquify the gelatin so use only about three-fourths as much water as the instructions on the gelatin package call for. To a cup and a half of water add the gelatin recommended for a pint. Heat in the usual manner until the gelatin dissolves. Add the juice of one lemon and a teaspoonful of salt, setting in the refrigerator or in cold water to stiffen. Prepared in this fashion we have a considerable bulk of dressing with no fattening elements, hence this is a useful recipe for fat persons. Lean folks can make an oil dressing of this by beating a fourth of a cup of salad oil into the gelatin just before it begins to solidify.

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## How I Put Back-bone into My Spine

(Continued from page 27)

crawl under the lining. "I thought an orthopedic surgeon worked only on your feet," I said.

"No, wherever you have a bone," she said.

At last I went to him, but with as much hope as Colonel Harvey has of getting chummy with Woodrow Wilson. But he was not the kind of doctor I expected. He did not just take one look at me and then begin to write a prescription. Instead he had me strip and bend and twist and wiggle while he sat on a corner of the table swinging a leg. I knew what was going to happen. I was sure that he was going to cut me open, put a silver brace on my backbone—and the rest of my life I would be about as limber as a walking doll.

And then he asked me the most astonishing question: "What kind of bed do you sleep on?"

"Why—er—a twin bed."

"I mean," he cut me off, "what kind of springs has it?"

"Ordinary, everyday springs, I guess."

"Metal springs?"

"Yes."

"I thought so. You go home, take those springs off, sleep three weeks and report."

I laughed—I thought he was a humorist.

I paid no attention to him. I wasn't going to a high-priced specialist for him to tell me something that any dub could tell. I wanted him to write in a card catalogue, use big words, and ask what day I wished to come for an X-ray. He didn't even advise me to have my teeth pulled! He must not be any good.

But I told my wife. Three weeks went by and I hadn't turned a hand. Then one evening I heard a clatter and a bumping and a banging down the hall and there was Mrs. Croy coming with the box that the table leaves stand up in.

"Peel off that mattress," she said.

I peeled.

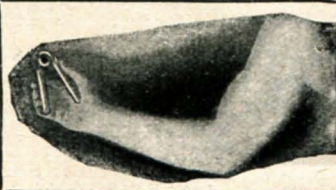
(All married men know the tone.)

"Yank off those springs."

I yanked.

I didn't sleep at all. I might just as well have tried to get a comfortable night's rest in an Erie railroad station. The mattress was about as thick as a doily. I tumbled and tossed and got up the next morning looking as if I had been in a six-day bicycle race with Frank Kramer.

And the next night I didn't sleep, but the third I slept and woke up feeling much better. That alien thumb was no longer pressing on the small of my back; the blue devil had retired from the field of action. I went downtown in the subway and thought it was quite a success. The world seemed full of nice, kindly, gentle people.



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I then had some boards cut and fastened together, to fit the bed and I haven't slept on anything else since. When I go away on a week-end or am called out of town, and have to go to a hotel, I pull the mattress off and slap it on the floor. When the maid comes in and sees it she thinks she sure must handle me gently and get word down to the front office as quickly as possible.

I learned from the doctor that in one New York spinal hospital of a hundred beds, each and every patient goes on a board. The sicker they are the harder bed they give 'em. It has no equal for taking the kinks out of one's backbone. Later I found that even the King of Spain has to sleep on boards.

But after I had been on boards a week I woke up one morning with the same blue devil dancing on my spine. I could not understand it; experimenting I found that when I slept on my face—causing my back to be dashed in till it pinched the nerve center—that I would wake up feeling as if the subway ought to be closed. At last I learned to sleep on my back, and to turn on my side for a change of position.

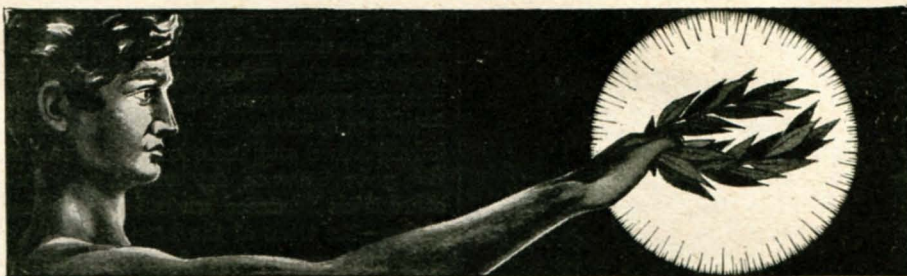
I had always been thin and scrawny. Immediately I began putting on weight. I now weigh fifty pounds more, which is about the proper weight for me. I had become interested in tuning up my body and I got a set of simple room exercises to which I added more of my own. I will not describe them, as no doubt others have much better ones, but they suffice for me. I keep changing them around, adding new ones, leaving out some of the old ones, so that I do not get tired of going through the same routine. The first thing every morning, I do my exercises—and now the only time I ever think about my back is when I take a bath and go down between my shoulders with the long-handled brush. The rest of the time I pay no more attention to my spinal column than if it was a broom behind the kitchen door.

I became interested in what a simple thing had helped me—and without coming within a rod of a drug. Then in my mind I harked back to a meeting I had had with Buffalo Bill. I knew his manager in his later days, Courtney Ryley Cooper, now a writer, and Courtney took me to meet Colonel Cody. Colonel Cody was of notably erect bearing, square-shouldered and of springy step. In the course of the lunch I asked Colonel Cody how it was that he had such a striking carriage. He delivered himself of some simple plainsman philosophy which I thought nothing of at the time, but which in the light of fuller knowledge I consider significant.

"You are as young as your backbone," he said. "When your backbone is old you are old."

"But how are you going to keep your backbone young?" I asked.

"There are little pads between your vertebrae—small cushions—and when



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they pack down you are old. At night when I lie down I stretch out my heels as far as I can; catch hold of the head of the bed and move myself up on the mattress—then drop down. In this way my back is lengthened and there is no pressure on the pads between my vertebrae. Another trick I learned when I was on the plains—the trick of the hard bed. Soft beds push more people into their graves than hard beds ever killed. On the trail, if we were around timber, we would cut limbs from trees, balsam boughs, spruce, and piling our blankets on them would turn in. If we were out in the open we would dig a 'hip hole' and sleep on the hard ground. Those little tricks have helped me keep my figure—kept my back straight and spring in my heels. Boy, don't ever be afraid of a hard bed. A soft one is the one to be afraid of. If anybody tries to make you sleep on a feather bed,—hit 'im. Don't say a word, just up and hit 'im."

And thus gracefully and sprightly he went into his grave.

And thus in skinning a cat I got a kick that very nearly put me out of business; and thus I have again got back into the ring. From it I have learned two things: not to skin a cat and not to sleep on a soft bed.

## Vaccination—The Giant Delusion

(Continued from page 43)

city of Manila and in the provinces which were among the first to be vaccinated." Regulations issued in 1918 provided for a general vaccination of persons not "successfully vaccinated" during 1917; that children recently born should be vaccinated; that children of three to seven and more days of age, living with and in contact with smallpox patients should be vaccinated, and that "newborn infants, as well as persons suffering from skin diseases, pregnant women, expectant mothers, or during puerperium, tuberculous persons, old people, etc., must be vaccinated."

According to the 1918 report of the Philippine Health Service, page 122, 3,285,376 persons were vaccinated in the provinces.

Just for the fun of it, ask your doctor if he wouldn't consider this a pretty fair-to-middling job of vaccinating.

Then tell him that the "Regulations for Provincial Systematic Vaccinations" provided that "No municipality, town or barrio should be regarded as completely and positively vaccinated unless the total positives equals at least seventy-five per cent. of the total population. Negatives must be twenty-five per cent. of the said populations, and only in those persons where repeated vaccinations made at three different periods resulted unsuccessful."

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If vaccination was worth a tinker's damn—which it isn't—you'd naturally think these millions of drastic vaccinations should have produced some wonderful results, wouldn't you? Did they? They did.

Here is what they produced. According to the Annual Reports of the Philippine Health Service for the years 1918 and 1919, there were 118,549 cases of smallpox and 60,855 deaths from smallpox in the Philippines in these two years. The letter of transmittal in the 1919 report gives the number of cases of smallpox in the provinces as 60,612, and the number of deaths as 43,294. The Chief of the Division of Sanitation in the Provinces, however, on page 191 of the report, gives the number of cases of smallpox in 1919 in the provinces as 93,380, and the number of deaths as 45,873. This would make the total for the two years, 1918 and 1919 in the islands, 145,317 cases of smallpox and 63,434 deaths from smallpox.

The report for 1918 states that smallpox was reported during 1916 and 1917 from the provinces of Samar and Leyte and from Davao and Mindanao and that a notable increase in cases of varioloid had been noted in Manila during the two last years.

Smallpox was prevalent to such an extent in Manila in 1918 that 4.4 persons out of every thousand were attacked and 4.3 persons out of every thousand in the Islands as a whole had smallpox.

"The extremely high average mortality of smallpox during 1918 and 1919 in the Philippines also shows the fallacy of the theory that if vaccination does not develop in vaccinated persons, it is of a mild character. The various annual reports make frequent reference to Manila as being more thoroughly vaccinated than the provinces. Yet the annual report for 1918 shows that the average mortality from smallpox in the city of Manila for that year was 65.3. This means more than one-half of the persons contracting smallpox in that year died. In the islands as a whole, more than one out of every three persons contracting smallpox in 1918 died. In 1919, using the figures in the letter of transmittal, more than 44 out of every 65 persons having the disease died."

"In the Report of the Division of Sanitation, city of Manila, which is embodied in the Annual Report of the Philippine Health Service for 1919, Dr. Salvador V. del Rosario, Chief of the Division, refers on page 78 to the case fatality from smallpox in Manila, as "hardly explainable, it having been observed to be increasing from 10 per cent. in the former years, to 16.13 per cent. in 1905-1906, 25 to 50 per cent. in 1907-1908 in the whole Philippine Islands, and 65.51 per cent. during the present epidemic.

But vaccination produced definite results away back in 1899. Professor Alfred Russell Wallace, simultaneous with Darwin in outlining the underlying prin-

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ciples of evolution, said: "The conclusion is in every case the same, that vaccination is a gigantic delusion; that it has never saved a single life; but that it has been the cause of so much disease, so many deaths, such a vast amount of utterly needless and altogether undeserved suffering, that it will be classed by the coming generation among the greatest errors of an ignorant and prejudiced age, and its penal enforcement the foulest blot on the generally beneficent course of legislation during our century."

Experience and observation have but confirmed these wise conclusions. You cannot destroy millions of phagocytes, pitted against the systemic toxemia of vaccinic infection, without having vital resistance lowered to a tremendous degree.

This increases susceptibility to any form of infection to which an individual may chance to be exposed, and lowers his chances of recuperating from such infection.

That this lowering of vital resistance has made terrible inroads into the life-expectancy of the Philippines is proved by many facts, chief among which is the steady and persistent inroad made by tuberculosis.

Keep these figures in mind. They may serve as a balance-wheel when some over-enthusiastic but only partially informed medico tells you that vaccination is as harmless as lying.

In 1902, the death rate from tuberculosis constituted 9 per cent. of the total mortality rate. Lately, says the 1919 report, it has been found to constitute over 21 per cent.

The death rate, according to this report, has been shown to be 2.64 per thousand of the population. This means approximately 27,000 deaths from the white scourge every year.

The 1920 report (page 26) gave the number of deaths from tuberculosis in 1919 as 30,902. The number of deaths from tetanus—one of the most frequent sequela of smallpox inoculation—is approximately 1200 per year; the death rate per 100,000 population being about 14.

Not so deep as a well, not so wide as a barn door, but 'twill suffice. Still, the undertakers must live—and vaccination isn't nearly so fatal as going to war.

However, there's one thing sure. Any man, who will really take the time and trouble to read the literature on the infection of vaccine, and study the morbidity statistics of smallpox, and its little brother, vaccinia, will receive some really worth while knowledge.

When a girl wants freedom is one thing and when she gets it is another. Watch Physical Culture for "Glint of Wings" by Cleveland Moffett and Virginia Hall.

## Faces Made Young

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This book may be purchased at any of the stores mentioned on page 90

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## Are You Ready to Meet Kid Trouble?

(Continued from page 47)

open the vault with nitro-glycerine.

We had been at work about fifteen minutes when the outside man warned us that the night officer was coming down the street. I went to the door to investigate. The officer was approaching. We all stepped inside the bank, closed the door, and waited for developments. He came up to the bank and started to try all the windows, one by one, starting at the side and going all the way around the building until he got back to the front, where he'd started. He stood before the door and alternately looked up and down the street then at the bank door. He acted as though he were deliberating whether to try the door or go on. We were crouched down on our knees on the inside, watching his movements from behind the drawn curtains.

Suddenly he opened his coat, took out his gun, looked at it, buttoned his coat and came dashing up the steps. He kicked the door open and stepped inside.

"Throw up your hands!" we shouted.

He made no response.

"Get 'em up, quick!" we repeated.

He paid absolutely no attention to what we were saying—he just stood there and stared right ahead of him into space.

"If you don't get those mitts in the air," we continued, "you're likely to go up in smoke."

Still he made no effort to obey our commands, but his breath came and went like the exhaust of a locomotive going up a grade. Suddenly he turned, backed out of the door, let out a wild, terrified scream, and fell down the steps in a dead faint, scared to death.

We laughed. Here was the unique spectacle of a giant fainting. But while we stood over him, deliberating what we should do, he got up on his feet, let out another frenzied yell, and tore down the street like a race horse, screaming as he ran. We were right after him, but my, oh my, how that boy could run! When he got to the hotel at the end of the main street, he went up the fifteen or twenty wooden steps in one bound and crashed through the glass doors, smashing them to smithereens. On the inside was a negro porter awaiting the arrival of an early morning passenger train. When he saw the cop coming and heard the war-whoops, he became fear-stricken himself, and joined in the chorus. Between the two of them they aroused everybody in the hotel, and it wasn't long before the entire town was up and out on the main street, shooting for all they were worth.

Here was a cop who had never given any serious thought to the emergency of the morrow. He had a bum heart, poor nerves, and was all out of gear physically and mentally. When the "show-down"

(Continued on page 139)



# THE LIFE WAY PLAN

**There is a UNIVERSAL PLAN—an UNFAILING FORMULA—an OPEN SESAME—that is swinging wide the doors of Life and Health and Success and Financial Independence to hundreds of thousands.**

THE PLAN was evolved for you. It will help you to start right, to re-align your whole Life, to make 1922 the banner year of your Life, and while the masses are waiting for circumstances to change, it will show you how to bring about a complete transformation within, so that you may demonstrate Abounding Health and Mastery in Mind and Muscles, Vital Organs and Brain, Circumstances and Life, and how to take short cuts, get what belongs to you, and make the dreams of years come true.

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3. Many are making substantial dividends, by cooperating in this great, new world-movement, and there is yet opportunity for a limited number to share. Would you like to do so?

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Simply use coupon (enclosing 10c in U. S. coin or stamps for wrapping and mailing), and ask for "THE LIFE WAY," that delightful and inspiring little book that explains THE PLAN, and Dr. Pearce will forward your copy at once.

Here indeed is opportunity. Fill out coupon—NOW—and mark this date on your calendar, for it is going to be the red letter day of your new era of New Life, Health and Financial Independence.

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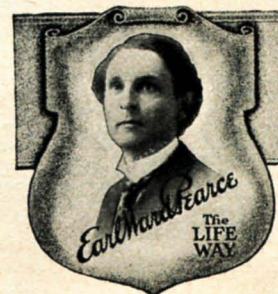
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# How "Manhood and Marriage" Opened the Eyes of 75000 Men

**For Fearless, Broad Minded, Plain Speaking Discussion of the Vital Personal Problems Confronting Every Young Man, Bernarr Macfadden's Startling New Book Has Set a Mark Never Before Approached**

At last, a man has dared to speak the truth,—the plain unvarnished truth. At last, a light has been thrown upon the darkness of prudery and ignorance which has so long surrounded questions of the most vital importance. At last, a revelation has appeared,—a revelation through which more than 75,000 men and women have found peace and contentment, happiness and health.

Bernarr Macfadden has accomplished something never before attempted. He has dared public disapproval to tell people what they needed to know. He has dedicated to the young manhood of the world the fruits of his lifelong study and experience as teacher, physical culturist, and philosopher. He stands alone, the pioneer who points the way through an uncharted wilderness of ignorance to the glorious goal of complete understanding.



## The Truth About the Sex Question

People have at last begun to realize that the immense importance of the "sex question" will no longer allow it to be hid away as a thing to be ashamed of. We are living in an age of plain thinking, and frank speech. Subjects spoken of in whispers ten years past are now discussed freely over the lunch table. Why is it, then, that the most important question in the world—the question upon which the future of the human race depends, is kept a dark and mysterious secret? Why is it that so many young people are allowed to stumble along in blind ignorance, often wrecking not only their own lives, but lives of others as well, when it is so easy to teach them? Why?

Seeing the fearful misery everywhere about him, brought about by unfortunate marriages, separations, divorces, sickly children, and premature deaths, Bernarr Macfadden decided to kill forever the demon Ignorance which made these things possible. "Manhood and Marriage" is the result.

## "As One Good Friend to Another"

It is far more than just a book. It is more than a course of instruction. Bernarr Macfadden himself lives in the pages he has written. His spirit is there. It is as if he were talking to you as he would talk to his own younger brother. He does not preach. He does not theorize. He does not mince matters. Macfadden is first, last and always a man,—a man who has lived the same life as you have, who has undergone the same temptations. Straight from the shoulder, brass tacks, that is what he gives you, and it is this plain-spoken sincerity that has made his book a never failing source of inspiration and comfort to the thousands of men and women who owe to it their whole life's happiness.

And in the writing of it, Bernarr Macfadden has done something which no other writer on the same subject has ever dared to do.

## What Physicians and Surgeons Say

Fearing that he might unwittingly cause offense, Macfadden before publication submitted the manuscript to several prominent physicians and clergymen, asking them to delete anything which they thought untrue or improper. The following are the opinions of some of these well known men:

Your "Manhood and Marriage" deals with the most delicate subjects in a way which should offend no one, and yet in a way which satisfactorily explains the subjects considered.

I approve of the book in every part and certainly wish you success in your endeavors to spread knowledge of this nature, and to overcome the ignorance regarding all vital health questions. F. C. GRAY, M. D.

I have read your new book entitled "Manhood and Marriage." I desire to express my appreciation of the work.

I most heartily recommend your methods of treatment to all who are interested in the care and welfare of suffering humanity.

JOHN G. SPEICHER, M. D.

Physicians know better than any other class of people the terrible penalties paid each year by those who err, owing to ignorance of the matters described in your book. I see instances frequently where a little common sense and plain talk would have saved suffering and disgrace.

I approve of all you have said and wish you success in helping to overcome the ignorance of prudishness.

Albion, Mich.

F. S. GOODRICH, D. D.

I heartily approve of the book and wish that all could read it, for I know that it will be the means of bringing about great benefit to the public, if its advice is generally followed.

Chicago, Illinois.

H. B. GALATIAN, M. D.

## SEND NO MONEY

This remarkable book, so new in scope, so fresh in viewpoint, is crammed full of the information neglected by old-fashioned sex hygiene. And so convinced are the publishers of its almost priceless value, so sincerely do they feel that it should be in the hands of every young man, that for a short time only, they are making a most generous offer.

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(Continued from page 137)

came he didn't know what to do, and if he had met a gang of bank burglars that were a little less considerate than we, they might have killed him when he failed to put up his hands.

The caliber of men is determined by what they do in the pinch, and how they act when they are confronted with the unexpected emergency. The "show-down" is the thing that distinguishes the real, eighteen karat, red-blooded human being from the quitter. This night officer had a "streak." Fear dominated him from the top of his head to the bottom of his feet, and he quit dead cold in the crisis.

And what, pray, is the "streak?" In human beings and animals the "streak" is pretty much the same. There are thoroughbreds and "also rans" among men on the race-tracks of life, just as there are among horses. The thoroughbred never quits in the race, and the jockey seldom has to resort to the whip to make him step faster. He may be a length behind when he comes pounding into the stretch, but that length means nothing to him, as long as there is another length to be run. Head erect, clicking his heels, tail in the air, eyes bulging, straining every nerve and muscle in his body, he fights every inch of all the way down the stretch, a game finisher!

The horse with the "streak" is the horse who runs like hell as long as he is out in front of the pack, but let some other horse nose him out, and he immediately loses his "guts." He isn't there in the emergency on the stretch. He can't respond at the psychological moment, and when the jockey calls for the spurt he "flops."

In men and animals, I repeat, the "streak" is pretty much the same. Quitting under fire, lack of decision in the pinch, doing the wrong thing at the wrong time, taking a "flop" when the "show-down" comes, running instead of fighting, becoming panic-stricken and terrorized with fear when the unexpected comes dangling across the trail—all these indicate a "streak."

A few months ago John Sheehan and Arthur Connor of Ludlow, Vermont, were out on a hunting trip when they encountered a wild bob-cat on a mountain trail. Quick as a lightning flash it sprang at Sheehan, who grasped it by the throat. It clawed and snapped at him until his hands were lacerated terribly, but he held on until he had strangled it to death.

Here was a fellow, with death staring him bang in the eye, who would have been torn to pieces if he had lacked the strength to strangle that wild cat. How many of you subway strap-danglers and taxicab fiends could have triumphed in this emergency? What would have happened to all you fellows who have never given a thought to the development of your bodies, had you been confronted with a "show-down" like Sheehan? It's

a hundred to one that you would have blown up—and you know it!

There was no "streak" in Sheehan's system, you can gamble on that, because if he had had one he would never have lived to tell the tale of his encounter with the wild beast. He dominated the emergency because he was physically fit.

Here is another striking illustration of the necessity of being prepared to meet the "show-down":

On January thirtieth, Arthur Lenner of Minneapolis, while walking along a deserted road in the environs of the town, was accosted by a large timber wolf which immediately sprang at him, mouth wide open and snarling as it came on. It knocked Lenner down, but in the scuffle he managed to grasp its hind legs, and when he got up on his feet he swung its head against a tree, dashing its brains out, and thereby saving his own life.

But Lenner and Sheehan were men who were able to think in an emergency in which they would otherwise have been killed. They were physically and mentally fit; they knew what to do at the psychological moment, and they did it. Their hearts were right, their lungs were in good condition, their nerves were on edge, their muscles weren't flabby—they were there with the goods when the "show-down" came.

Nobody can predict when the "show-down" is coming, or how it is coming. It may make its appearance in a million different ways at any hour of the day or the night. But you can gamble on one thing, and that is this: It is going to come at some time during your life, and it's going to come when you least expect it.

It may come in the form of a burglar in your home, or a bandit on the street. You may be caught like a rat in a trap in a hotel fire, or in a shipwreck at sea. You may meet it on a hunting trip, like Lenner or Sheehan, in the form of some wild animal. You may bump into it while crossing the traffic-ridden streets. You may run across it in the person of a thug who passes some insulting remark that calls for a battle while you're out with your wife or sweetheart some night. The Lord only knows how and when it is going to materialize. But forget about that, my friend, for the really important thing is, *what are you going to do when it comes? Are you getting ready for it?*

It doesn't require a college education to answer that question for all you fellows who are more concerned about dressing your bodies than you are about the more important matter of building them up. I can answer, I repeat, for all you once-a-week bathers who never get out on the road for a long hike or a run, who don't know a flat-iron from a dumb-bell, an Indian club from a sand bag, or a boxing glove from a gum boot. I can answer for all you fellows with the weak hearts and the bum lungs and the shaky nerves.



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You're going to go down for the count with a crash.

If the "show-down" happens to arrive in the guise of a personal encounter with a thug, a good wallop on your jaw or a few light taps in that fat-ridden stomach will send you to the land of dreams—if you don't curl up from exhaustion before you get them. If it comes in the form of a burglar in your home, or a bandit on the street, you will be so crazed with fear that it is by no means improbable that you will do some silly thing that will result in your losing your life. Regardless of what form the "show-down" takes, you are going to be licked. You'll go straight up in the air, and the bottom will drop clean out of your stomach—for the very good reason that you lack mind, nerve and muscle coordination. Your heart is bad, and so are your lungs, your muscles are flabby, your nerves are on the "fritz," your whole system is out of kilter; you're only about fifty per cent. efficient mentally and physically, you're only half a man, half alive, and you won't find it out until the emergency arises. Then it's too late.

Even as a bank burglar I prepared for "that emergency tomorrow," and if I hadn't done so I want to tell you that I might have been either an angel in heaven today, or a fireman in hell. Follow me through this narrative and form your own opinion:

There was a bank in St. George, South Carolina, which many bank burglars had looked at with longing eyes. The location was ideal, the vault and safe were antiquated and rich with the coin of the realm. Many cracksmen had tried to put it on the "bum," but none had succeeded. I decided that I was going to finger the long green in that "pete" (safe), if it was the last bank that I ever visited for moral or immoral reasons. I just had to rob that "jug" (bank), and that was all there was to it. The fact that others had failed meant absolutely nothing to me, for my underworld philosophy told me that it was a long lane that didn't have an ash barrel on it!

I first looked the job over from stem to stern. I spent a week or more in the town at nights, tabbing the policeman and getting a line on what kind of a burg it was after midnight. It looked like a "pipe," so I returned to St. George one cold blustery night, in a wonderfully ambitious mood.

We entered the town about one in the morning, and when we got to within a block or two of the "jug," I noticed a light burning in front of it. This little light started my "bean" working. It meant something to me; it was a suspicious circumstance, because of the fact that I had never seen it burning on any of the nights that I had spent in the town when I was looking the job over. I halted the gang right then and there, and voiced my suspicions. Billy Black, the tough member of the outfit, ridiculed my expressions about the light.

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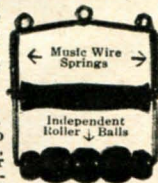
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"Wat is dat? Dat's nothin'. Y're losin' y' nerve," he scoffed.

"No," I replied. "I'm not losing my nerve, but neither am I losing my ability to think, and that 'glim' makes me think. Let's be a little cautious before we make an entrance to the bank. We'll keep on this side of the street until we get to the other end. If everything looks all right we can cross over, come back, crash into the 'jug' and go to work.

"All right," agreed my pals, "let's go."

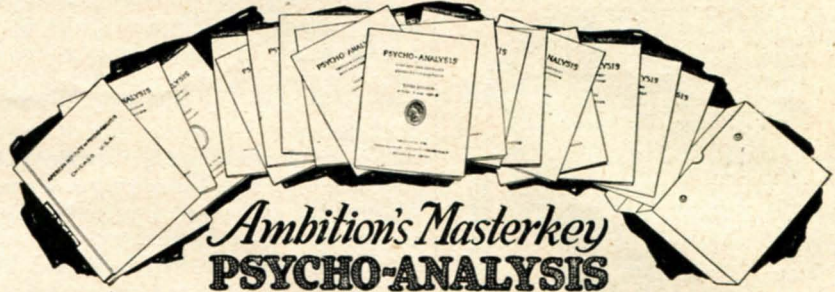
As we started up the street I had a premonition that something was going to happen, so I kept my mind busy organizing a plan to meet it when it came. We had just passed the last store on the side of the street that we were on, when a dozen or more voices jarred the tomblike silence of the night with a loud and stirring "Hands up! Hands up!"

We turned instantaneously, and there in front of the store that we had just passed stood a crowd of highly excited, armed citizens. Here, indeed, was an embarrassing predicament, especially for me, because I was carrying about a pint and a half of nitro-glycerine, and I knew that if they shot and hit the bag the whole town might go up in smoke. "Hands up!" I said to them. "What's the idea of stopping a citizen on the street at this hour of the morning and ordering him to throw up his hands?"

"You're a liar!" they retorted. "You're not citizens, damn y', you're bank burglars. Put up yer hands or we'll kill y'!"

I pulled my gun and blazed away at them, running across the street into a lot between the bank and a big store. When I got in the rear of the bank I stopped and resumed shooting at them, driving them back into the store. "Billy Black," the tough baby, tore across back yards into barbed wires, through corn fields and cotton patches, ditches and swamps and came into Charleston the next morning with a bullet in his back, and looking like an old shirt run through a wringer.

I made my way to the railroad and when I got there I opened up the bag to get the oil of mustard, knowing that it would be but a few minutes before the bloodhounds would be on my trail. My two pals had taken it out of the bag, so I was left high and dry, defeat staring me bang in the eye. While I sat there on the railroad track and cursed and swore on how I was going to make my getaway, I suddenly heard the old familiar yelp of the bloodhounds on my trail. I threw the bag under a pile of railroad ties and started down the track on a run. Nearer and nearer came the howl of the man hunters, and with each howl I felt myself nearer to being "treed" by them. I had just about decided to get up a tree and let the posse come and get me, when I heard the toot, toot, toot, of a train in the distance. I increased my speed in the direction of the train, figuring that if I could swing on to it as it came by I was saved. If not, the dogs would get me—that was sure.



At last the struggle which man has undergone since first he walked upright out of the jungle is at an end—thinking man has emerged triumphant—today for the first time it is possible to say with certainty man *can* be master of his own destiny because now he can control ALL his mental faculties. PSYCHO-ANALYSIS has achieved for humanity this new freedom by emancipating the conscious mind from slavery to the unconscious. Most of us have fought life's battles with one-tenth our mental heritage. Psycho-Analysis gives to us the other nine-tenths. In terms of success, happiness and accomplishments this represents a forward stride of which we can scarcely conceive.

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I had covered about three miles when the train came rambling along at a gait of approximately thirty or forty miles an hour. I made a dive for the first car and took a header on the ballast, landing in the ditch hatless. I made another effort and failed, and then still another one, with the same result. I pulled off my overcoat, emptied the pockets quickly and decided on one last, superhuman try. I would catch it or go under the wheels to death. I was bleeding and sore from my falls on the ballast and ties, but the thought of being captured and sent to prison for a long term fired me with desperation and determination. I made a dive for the last car next to the caboose, caught the handle on the bottom of the door, and after being dragged along the ties for a hundred yards or more, I managed to swing under on the rods. A mile up the track I passed the posse with the bloodhounds.

An hour or so afterwards I arrived in the Charleston freight yards bruised and bleeding, with a sprained ankle and a fractured wrist, but happy in the thought that I had beaten the dogs and the posse and a possible twenty years stretch in the "stir" (prison).

Could I have caught that train if I hadn't been O. K. physically? Not on your life! I would have been up a tree, with the bloodhounds at the bottom of it. Here was one time when mind, nerve and muscle coordination saved my life and my liberty. If I had had a bum heart, poor nerves, and weak, flabby muscles, I couldn't have caught that train in a million years.

Get ready for the "show-down," brother. Start today. Get your heart, your nerves, your muscles, stomach, mind and everything else in shape for the supreme test when it comes. Cut out the taxicab and subway stuff; forget about the body dressing business and the beau brummelism. Get out in the cold, brisk, winy air of the morning for a hike or a run. Grab a pair of dumb-bells every morning after the bath, and use them for fifteen or twenty minutes. Prepare yourself for the emergency tomorrow. Get right physically, and prepare for the morrow and what the morrow may bring forth.

Get right, get right, "the show-down" is likely to come any day, at any time; and if you're "right" when it comes, you're a winner. If you bump into it with a poor heart, weak lungs, flabby muscles and shaky nerves, you may die. You'd better get ready before it's too late.

The conditioning process will fit you not only to meet the emergency tomorrow, but also it will make you a more efficient human being in every way. You will have more pep, more enthusiasm, more vitality. You will get more out of life, and life will mean more to you than you ever thought.

The "show-down" may bump into you at the next street corner. Are you going to be ready for it?



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# I Made a Man Out of Nothing

(Continued from page 46)

name of "Little Rhodes!" How I hated—loathed—that cognomen! The fires would rise within me when someone would have the fine presence of mind to note my small stature and comment sympathizingly upon it to me! My English teacher in high school gets the credit for starting that abhorred appellation on its road to popularity, and I suppose it would be following me up and down the highways yet were it not for the fact that after four years of dwarf-hood, like a bolt out of a clear sky I "went up." My mother used to tell the folks around town how pleased she was with her growing prodigy—but it took more than maternal oratory to convince me of the growing part! I was stretching—elongating, if you please—and I figured that what I could feel I had a right to believe. The little endurance and strength I had gathered soon began to diminish into nothingness. It got to be a great game of transfer. Politely speaking, it was a matter of longitude at the expense of latitude, but roughly, from ribs to legs. Regardless of two quarts of milk per day, eggs by the dozen, and the rest of a special strength giving diet which my mother had adopted, my frame refused to be encumbered with any more avoirdupois.

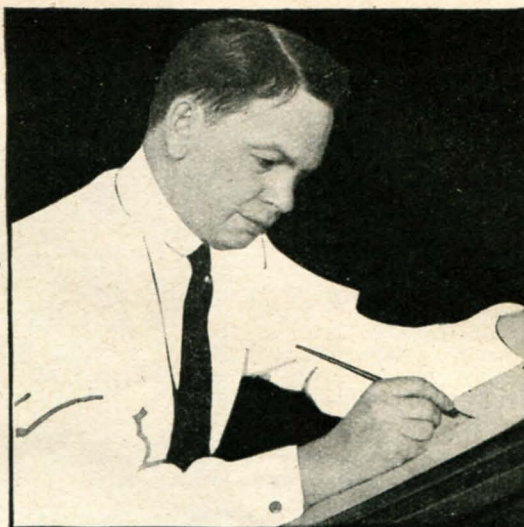
You can imagine my disgust and disappointment—if you have a flighty imagination.

Here the time had almost come for my departure for college and I felt sure that the world would be anxiously awaiting the news of my 95 yard dash across the grid carrying my team to victory! How could I disappoint them!

But I was not the kind to lose heart. I held a private conference with myself where it was determined that I would go to college, train extensively in the gymnasium under paid instructors, and then emerge triumphantly after one year, a real athlete. I doped out a diet list, devoured all I could find on the subject of body building, and considered myself on a fair road to my dearest goal in life.

I was fortunate to get a job on a Chautauqua tent crew the summer after my graduation from high school, and besides affording me a world of experience, I made great strides physically. To my intense satisfaction I began to "fill out" and the scales showed that I had gained over fifteen pounds. My old endurance had returned and my strength had almost doubled as a result of the long days of sledging and outdoor work. I resolved to go in for athletics at college, with a slight reservation on football for the first year. I never felt finer in all my young life, and I gloried in my outlook.

And then—well then I crashed into the first blockade between me and a



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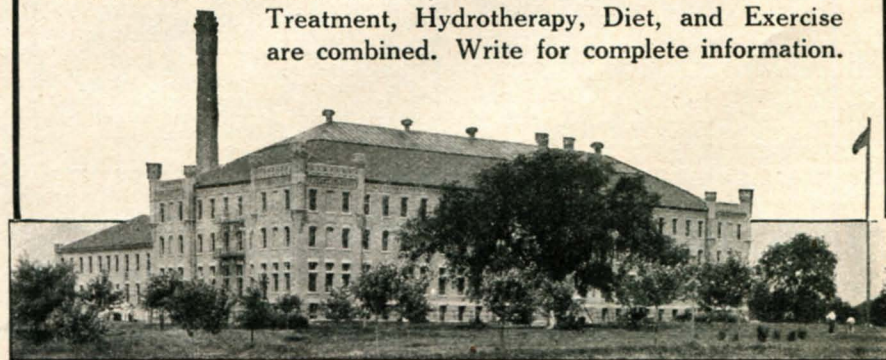
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# "Womanhood and Marriage"

By Bernarr Macfadden

If You Are an Earnest, Intelligent Young Woman, Possessed of the Fine Instincts of True Womanhood, You Think Seriously About Marriage and Motherhood, and Hope Some Day to Become the Wife of the Man You Love, to Bear Him Children, to Make Him a Happy, Comfortable Home and Then Live Out Your Days Secure in the Deep, Abiding Love of a Faithful Husband and Surrounded by Loving Considerate Sons and Daughters.

Yet, when you read the papers and see the myriad accounts of separation, divorce, scandal and misery with which their columns are filled you cannot help but feel a deep concern at the pitfalls that border the path of wedded happiness; accounts that well may cause the stoutest heart to quail, the strongest confidence to weaken.

## In Knowledge There Is Happiness

However, keep this in mind—there is nothing wrong with marriage—upon marriage is based the home, and the home is the foundation of our nation. But, like all other great institutions devised by nature for the good and protection of the human race, it is subject to a well defined set of natural laws that must be obeyed. Therein lies the whole secret of happy or unhappy marriage.

Until recently there was some excuse for women marrying with no knowledge of the responsibilities of wifehood because a vulgar prudery had thrown a dense black wall of ignorance around everything having to do with the marriage, a wall that kept girls and young women from learning before marriage the things that every woman must know in order to intelligently become the wife of the man she loves and the mother of beautifully healthy children.

## Ignorance Is No Longer Excusable

Bernarr Macfadden, the father of Physical Culture, has written a wonderful book for the everlasting good of womanhood entitled, "Womanhood and Marriage" which is now available to every girl and woman, married or single, who sincerely wishes to make her marriage, her home, and her children so ideally perfect that there is nothing left to be desired.

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As you read the adjacent list of headings you will understand why so many thousands of women consider "Womanhood and Marriage" the greatest single factor for good, and for permanent happiness that has ever entered their lives.

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Menstrual Disorders  
Special Diseases of Women  
Displacements and Their Correction  
Tumors

### BUILDING GLORIOUS AND PERFECT WOMANHOOD

Womanly Periodicity  
Determining Sex  
The Menopause or The Change of Life  
How to Build Vigorous Womanhood  
Improving and Beautifying the Bust  
Exercise for Womanly Strength

great athlete. It was a horrible accident to my left arm in which my hand was almost severed from my body. I was practicing a burst of speed through my aunt's house when I smashed a hole through the glass of a moving door. In the sudden withdrawal of my arm, the jagged edge sliced my arm into the bone two inches above the wrist. The presence of mind of my chum saved my life. I bled furiously—for every artery and vein on the under side of my arm was slashed and mangled—and I shall never forget the sensation as I lay on the doctor's chair preparatory to going to a hospital in an adjacent city. The cold senseless hand, the mangled ends of white tendons, the protruding blood vessels and the hacked and torn flesh present an ever vivid picture in my memory. I never felt the pain—if there was any. I was watching my strength and energy flow away, the strength and energy I had fought for through so many years of boyhood. I could hear the crash of my athlete dreams as they tumbled headlong into the basin of blood at my side.

Then followed long days at the hospital. The doctor told me that blood poison was averted, largely because of the fact that I had never smoked nor abused myself. I had enough sense of humor left in my system to realize that my campaign against smoking had done some good, even if it hadn't made a star athlete of me. And then followed those weeks of nursing and nurturing. Of course I got sympathy, but sympathy wouldn't make an athlete out of a fellow, so I accepted it without much appreciation.

The doctors gave me little encouragement for the return of strength, and one cheer-bringing M. D. told me that the maximum of use would probably be the handling of a broom. He said the surgeons had done everything within human power for me, and tried to soothe my feelings by telling me it might have been worse. I didn't like his philosophy, however, and I am sure I would have taken the booby prize at an optimists' convention held at any time during the next month.

Not only had my hand been put out of commission, but I was weak and emaciated as a result of the great loss of blood, and it took me a long time to regain my former vitality. I was determined, however, to make the best of my misfortune.

My fighting spirit enabled me to push my way through a gruelling tennis tournament two months after my removal from the hospital. My left arm padded and protected, was bandaged close against my body. My right hand formed the only weapon of offense and defense. Picking up the rubber spheres, chucking them up into the air and smashing away for service with the use of one hand, is more of a proposition than it would appear. Once or twice, in my cross-court dives, I catapulted head first

Physical Culture Corporation

Dept. 6

119 West 40th Street

New York City



toward mother earth, but I had enough vivacity to roll over gracefully and thus avoid further calamity. The deciding match was a thriller, and a large crowd witnessed the crowning of the one-handed champ of the town.

With the removal of the clumsy bandages I set to work to restore action and power into my stiff fingers. I purchased a special gripping machine and I practiced with it for hours at a time. With the later development of motion, I so acquired the habit of opening and closing my hand that I came to do it unconsciously as I walked or rode. Constant vigorous rubbing and soaking in hot water to restore sensitiveness was a part of the regular campaign. I worked day and night, and after six months I had everyone amazed at the results—doctors, surgeons and all. Circulation had been restored almost to normal, the sense of feeling was much improved, and the hand was beginning to take on its natural color and shape. Improvement so continued that by the following summer I was able to "hold down" the shortstop position on the town ball team. People thought it was a miracle, but I gave more credit to myself than I dared tell anyone.

The second year of college dawned, but my left arm prohibited any active part in athletics so that I had to be content with building myself up preparatory to "mixin' into" things during my junior year. I salvaged my pride somewhat by winning a berth on the second baseball varsity and carrying off the college tennis honors.

I was in excellent physical condition preceding my Junior year. My hand was almost as good as new, and baseball, tennis and swimming served to keep me topnotch over the summer. I weighed over one hundred and forty pounds stripped, stood five-eight minus shoes, and there wasn't a soft spot on my body. I could run five miles without getting winded, chin the bar twenty times, and press one hundred pounds above my head with little trouble. My physical outlook was never brighter in all my career.

And then—well then I collided with the second blockade on the road between me and the making of a great athlete. Almost without notice appendicitis claimed me as a victim, giving me the benefit of a strangle hold, at that. The peculiarity of the case made it difficult for the doctors to diagnose, and it was not discovered that my appendix had gone on strike until said organ had burst and poured its contents into my abdomen. I was rushed to a hospital where I was given immediate attention, but for over a week my earthly career hung on a thread. I didn't realize my condition—I was spending the hours trying to reconcile myself to the fact that I wasn't meant for an athlete. I didn't succeed very well—I mean in this reconciling business. I still conceded to



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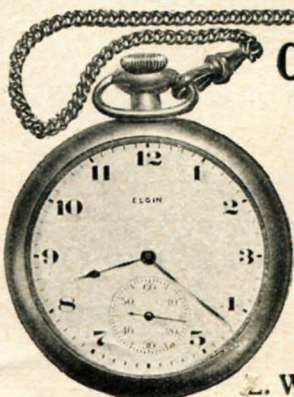
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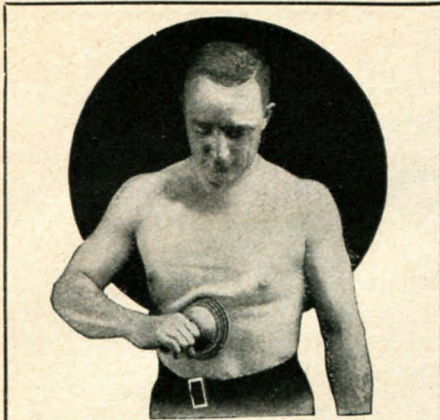
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myself an outside chance. The surgeons told my folks that my excellent physical condition alone enabled me to pull through, and hastened to add that I owed much to the non-use of tobacco. I recalled memories of two years previous. However, my sense of humor wasn't quite as prominent as it was then.

After a long siege, victory was accorded yours truly, but the enemy had taken the spoils with a vengeance, and left me to be content with the honor alone. It had cost me no less than twenty-five pounds, and had reduced me to a shadow of my former self. I had, furthermore, to be very careful with my incision, which insisted on healing on the outside first. I signed a creed of optimism, however, and contented myself with making the best of a bad proposition.

I arrived on the college campus one month after opening exercise had taken place. I found myself facing a mountain of work and responsibility in addition to the classroom routine. I had been accorded the honor of the Editor's chair of the college annual, and at best it is no easy task, even for one in good condition. I fought it through as best I could, but I was forced to admit to myself that the pace was telling, with the result that my old strength and stamina failed to return. I also remained considerably under my former weight, and found myself subject to the thousand and one aches of a run-down system. I tried to play tennis, and once or twice even ventured out on the baseball field, but I lacked the punch I possessed before, and once more had to admit failure in the realization of my ambition. I wasn't the same fellow, and how successfully I concealed it from my friends I do not know.

Summer came, and with it the chance to "come back." I tried several jobs but I couldn't see any improvement physically. (I may as well admit the financial end of it, too.) At this juncture it suddenly occurred to me to take a cross-country trip in search of health and experience. I found an ambitious young friend who was like-minded about the hiking business, and without more ado we set out early one Sunday morning in mid-July from Atlantic City, New Jersey, headed for—well, we weren't exactly sure ourselves, but we were going, and that was enough to satisfy our wanderlust.

The long hours of hiking, the fresh crisp air, the invigorating sunlight, and the ever-changing scenes along the way gave me a new feeling of joy and vigor. It wasn't long until the blood began to tingle in my veins, bringing back recollections of boyhood and health and an acheless body!

We spent most of our nights in the open and, with the exception of the morning hours when the dewy blanket saturated the earth, sleeping was fine. No one who has never experienced the real joy of it can know the ecstasy of the bed beneath the stars. Comfort?—well,

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who wouldn't sacrifice a little comfort to be lulled to sleep by a babbling brook, and by the soft swishing of the breezes across one's face! The glory of those nights I shall never forget. Even the stars held a message of encouragement and hope and cheer. To feel that God who had made all these revolving worlds was mindful of my happiness and welfare made me feel that life was worth fighting for after all.

Up in the morning with a yell and a jump, a regular Indian war dance to shake off the biting air, and a rush to the brook to "wash up"—thus began our average day. Our meadow home was not fitted out with hot water and a dozen other comforts and conveniences, but what can compare with the clear cold sparkling water of a brook! It may have been somewhat revolting to take a shave in spring water only a few degrees above freezing, but then there's a keen delight in the sacrifice, delight in the knowledge that you are not one of those miserable creatures in human form who must have everything ordered and prepared, cozy and correct!

Another grand dash to headquarters by the side of a corn shock, a race to finish packing our extensive wardrobe—trousers, a pair of socks, two shirts, three ties, a sweater, and a toilet kit—a counter-march back to the road again, and we were off on another day's journey. We were not on the road many hours until some good-hearted fellow offered to give us a "lift." We did not care how much the buzz-wagon shook and stammered and stopped and started all over again, ambling and rambling and scrambling up and down the hills; there was joy in the diversion of bouncing from top to bottom, from side to side on the back seat of a springless flivver. And if you have joy—well, what more can a fellow desire? Thanking the good saint heartily and assuring him that we enjoyed it to the full—even if we had to rub the bumps on the tops of our crowns at the same time—we left him with pleasant memories of the dozen miles to our rear.

At Pittsburgh my chum deserted me when he was offered a good job, and I was anything but radiant and happy. My cash resources were becoming resourceless, and I was more than a few leagues from the paternal fireside. I was compelled to stay in western Pennsylvania for over a week, and was fortunate in finding a job selling sheet music on a house to house canvass. At the end of that time I considered my financial status such as to warrant my going "solitaire" across country. I armed myself with a camera and a few additions to my apparel, and with this paraphernalia set forth one Tuesday in early August with the same spirit as had young Lochinvar when he came out of the West. The only difference apparent to me was the fact that I came out of the East and was going into the West.

My new plan was to eliminate walking

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to an excess degree and as a result I did not average more than ten miles per day afoot. Tourists seemed very willing to choose me for company, and I was not the one to deny them the great privilege. Many days I covered more than one hundred miles, and several times the close of a perfect day found me two hundred miles removed from the barn where I had taken up sleeping quarters the night before.

Westward from the steel city, I wended my way through the level picturesque country of northern Ohio and thence onward in a direct course through the Hoosier state and Illinois to the great metropolis of the West. I spent four delightful days there scouring the city and visiting all the principal places of interest. I set out due north from Chicago via Zion City and Kenosha, Wisconsin, at which latter place I "set sail" toward the setting sun. I visited such famous places as Lake Geneva with its observatory, and the quaint formations of nature known as the Wisconsin Dells. Northern Wisconsin was the end of my journey, made especially delightful by my two days' sojourn there among the Indians on the Oneida reservation south of Green Bay.

The home-bound journey took me to Milwaukee, thence to Michigan via a lake steamer, and thence to Detroit. My plans to tour Canada met with severe opposition on the part of the Canadian Immigration officials at Windsor, and with the curt information that "Canada isn't on the market for hoboes and beggars," handed me a note of deportation. Much disgusted with my Canadian reception, I wended my way southward to Columbus, Ohio, and thence eastward to Pittsburgh via Wheeling, West Virginia. Yours truly, the wanderer, set foot on the paternal doorway of his home in Southeastern Pennsylvania at two o'clock one morning late in August—tired, yet fresh and glowing, glad to be home, yet sorry it was all over.

I covered over two thousand miles without the use of a train or trolley car, and with the exception of a boat ride across Lake Michigan, I did not spend a cent for transportation. I visited the principal objects and places of interest in all the large cities in my pathway, spent many happy hours among the large universities of the middle west, and journeyed miles out of my direct route to see some historic hamlet or famous village. I have a fine collection of photos as memoirs of my search for health and experience.

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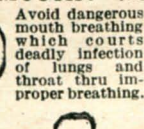
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see the bulging eyes of more than one farmer's wife as she watched me store up the food supply for the day. I could feel the vigor creeping into my body, the old endurance returning plus interest, and weight filling out my bony structure. The daily plunge in some little lake or stream, the mountain hikes, the pure wholesome air of a life outdoors—ofttimes sweetened by the breath of the new mown hay at night, and a diet with luxuries and sweets conspicuous for their absence, account for my present fitness.

Now, I am a busy Senior in college, and my athletic triumphs are a part of the junk heap of fallen castles. I am at the height of bodily strength and in the pink of condition, but if I have any more serious ambitions of becoming the great athlete of my boyhood dreams, they are buried under the responsibilities of college Seniorhood. In addition to a mountain of class work, I have been accorded the presidency of the Y. M. C. A. and the editorship of the college magazine. But—I have *good health* and I am personally acquainted with big athletes who can't boast about *good health*. I may have been aiming too high when I had visions of athletic triumphs, but I have found something immeasurably better! I have built my future visions upon health, efficiency and manhood. We can't all make a flying tackle or intercept a forward pass for a ninety yard dash to the goal, or claim the wrestling championship of the world, or be entitled to a "smack" at Dempsey for the fistic belt, but we can all have health through uncommon sense in clean living.

## What Are Twenty Years Worth?

IS life worth anything to you? Sometimes, perhaps, it may seem not worth much. But always it is worth more than money, any amount of money—let's say a billion dollars. All right. Then an extra twenty years of life ought to be worth three hundred million, more or less.

We all start life with brand new machinery, intended to go a long way. But we don't keep it well oiled, and so shorten life. What we can do is to avoid this lopping off of the years, and so relatively lengthen our stay above ground.

How would you like to buy an extra twenty years of life? It has been done. This extension of life is offered at bargain prices. Will you pay the small price? It is not a question of what you will give for it; it is a matter of what you will do for it. See Julian Hawthorne's article in *PHYSICAL CULTURE* next month about what you can do to take twenty years off your age and add twenty years to your life.

## Tell Me What You Are and I'll Make You What You Want to Be

Many people think that because I am a physician I only treat disease. This is an error. I not only eradicate disease by natural methods without the use of drugs, but I also prescribe courses for the individual building of Superb Manhood and Womanly Health and Beauty.

Any man or woman who is not all he or she wants to be physically or mentally should take my course. I not only teach you how to banish and prevent every illness, but how to build supreme health, strength, and vitality.

My knowledge and experience as a physician place me in an exceptional position to serve you with the greatest satisfaction to yourself. I can detect faults which need correcting, and correct them while helping you toward the fulfillment of your ambition.

So even though you may not be actually suffering from disease, if you are lacking in any element which would contribute to your greater success, personal satisfaction, or happiness, you need my help.

### Real Physical Culture—Real Beauty Culture

An important part of my work is building up men and women toward physical perfection, giving them the power and the good looks that Nature intended for them. Sound physique and real beauty are based on perfect health, and I aim for perfect health first in order to secure these blessings for my patients. Misdirected physical culture has often done much harm. Intelligent physical culture and beauty culture directed by a physician whose results have been secured altogether through natural methods will develop for you the handsome figure, the radiant eye, and the clear complexion that mean attractiveness, happiness and success. Send for my **free** books on "Health Without Drugs," "Physical Culture and Beauty Culture."

### Guarantee

Whether you are really ill or simply below par physically or mentally, I guarantee not to take your case at all unless I feel that I can make you all you want to be. The publishers of *PHYSICAL CULTURE*, knowing what my course has done for thousands of my patients, stand back of this guarantee.

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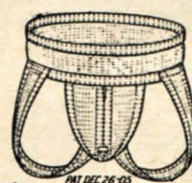
- |                     |                                   |                      |                     |                     |
|---------------------|-----------------------------------|----------------------|---------------------|---------------------|
| .. Anaemia          | .. Coughs and Colds               | .. Diseases of Women | .. Insomnia         | .. Rheumatism       |
| .. Asthma           | .. Diabetes                       | .. Dyspepsia         | .. Kidney Disease   | .. Skin Diseases    |
| .. Beauty Culture   | .. Diseases of the Prostate Gland | .. Rupture           | .. Liver Disease    | .. Stomach Diseases |
| .. Biliousness      | .. Impotency                      | .. Epilepsy          | .. Locomotor Ataxia | .. Stricture        |
| .. Bladder Diseases | .. Diseases of the Rectum         | .. Ear Troubles      | .. Neurasthenia     | .. Tumor            |
| .. Bronchitis       |                                   | .. Eye Troubles      | .. Obesity          | .. Varicocele       |
| .. Catarrh          |                                   | .. Headache          | .. Paralysis        | .. Vital Depletion  |
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- Vol. IV. —Diagnosis and detailed treatment for individual diseases alphabetically listed.
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\$4,100 is about what sickness costs the average person during his lifetime. The person who does not understand Nature's methods of preventing and curing sickness is ill an average of 21½ days each year—or a total of about 3½ years in his lifetime. Suppose that person earned the very moderate salary of \$20 a week—his total loss would be about \$3,700. Then think of the worry of sickness, the inconvenience, the doctor and hospital bills, the pain—whatever of this can be figured in mere money would bring the average person's loss because of sickness to about \$4,100.

Why be among this class who must be economical in order to pay bills due to ill-health, who must suffer the pain and inconvenience of sickness, all because they do not know how to *build health*? Thru Bernarr Macfadden you can learn the methods which will bring you the perfect health and powerful body you have always wished for, and at the same time Nature's methods of keeping you healthy will keep you young too. Learn them. You can look and feel at least ten years behind your real age. Thru learning Nature's secrets Sanford Bennett at 70 brought himself physically back to 50. You too can apply the natural methods of bringing back youthful "pep," vitality, and bodily vigor. Thru these methods hundreds have been guided by Bernarr Macfadden to renewed youth and wonderful health that never skips a day.

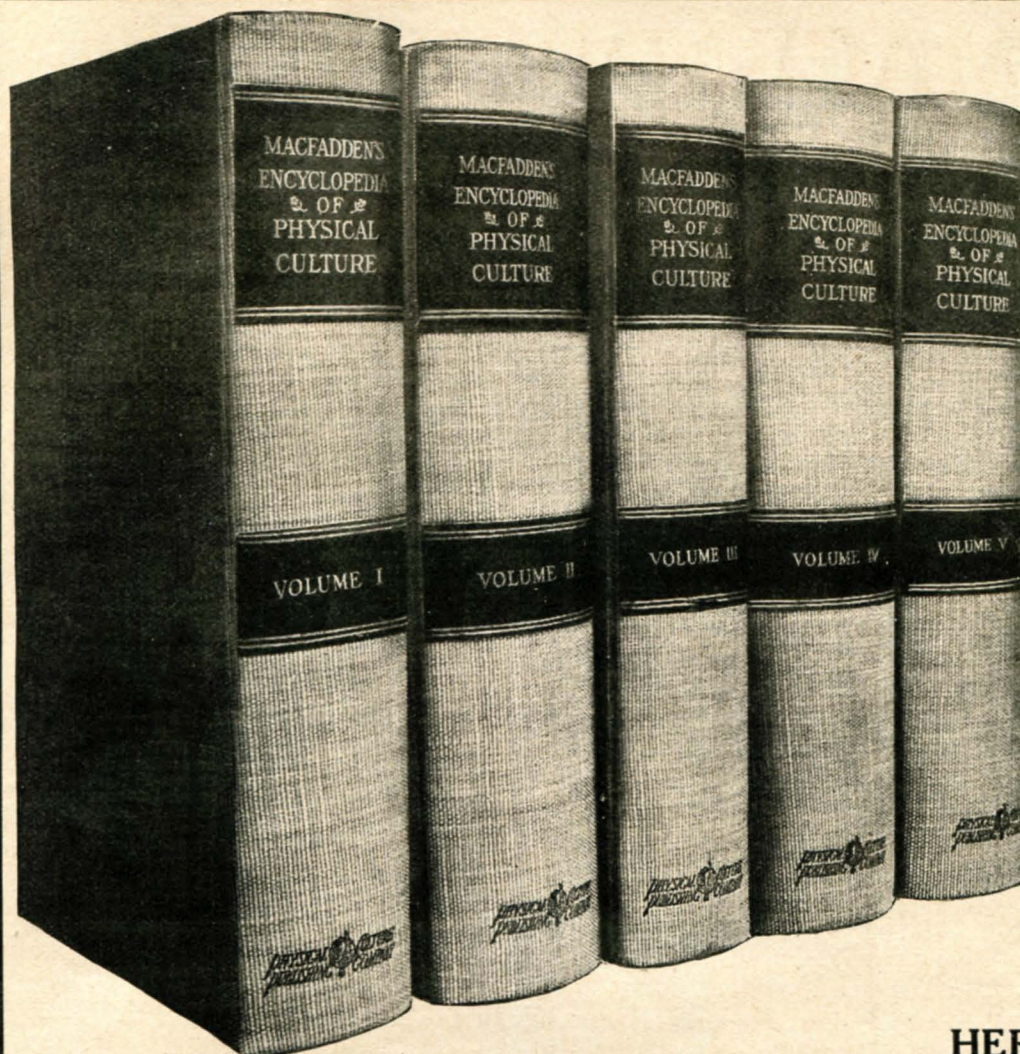
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This great work is a complete "natural-method" doctor. It tells how to build health, vitality and strength for every member of the household, young and old. It describes the symptoms of every known disease and gives detailed instructions for treatment. It contains invaluable information on fasting, diet, exercise and hydropathy for health and beauty building. A thorough and extensive treatment is given of the laws of sex, the attainment of virile manhood and womanhood, and happy, successful parenthood, together with details for the diagnosis and treatment of all sexual diseases. Handsomely illustrated charts on anatomy and physiology are given.

A reading of the two panels printed here will give you a better idea of the vast scope of this Encyclopedia of Physical Culture. In it is contained the equivalent of at least twenty complete books. The Encyclopedia contains nearly 3,000 pages and over 1,300 illustrations besides scores of color plates.

Because it is impossible for us to explain adequately about this Encyclopedia in this space, we therefore want you to mail the coupon printed on the next page so that we can send you any volume of the Encyclopedia you select for free examination. Read the full details of this offer and mail the coupon at once.





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 cure by hydrotherapy (heal by the use of water)  
 apply all methods of drugless healing  
 give first aid in emergencies  
 apply home treatment for disease

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 build nervous energy  
 treat the common forms of disease  
 understand the process of reproduction  
 benefit by laws of sex and marriage  
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 diagnose diseases  
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 treat female disorders  
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# A five minute test of your English

## What does it reveal?

Thousands of men and women make mistakes in their everyday English—and don't know it. The simple five-minute test shown here will tell you where you stand.

IN the panel are forty examples of the most commonly misspelled, mispronounced, and misused words, selected from business letters and ordinary conversations. None is especially difficult or especially tricky. They are just ordinary words, used hundreds upon hundreds of times a day.

Take a pencil, run through the list of examples, checking those you think correct. In two instances neither example is right, and you will write in the correct answer. Most men and women will make from 10 to 20 mistakes. Those especially good will make no more than 5 errors. See where YOU stand. Let the entire family join in this test. The correct answers appear in the lower panel on this page.

### Poor English is a handicap

People make mistakes in English unconsciously, for if they knew they were making mistakes, they would correct them instantly. You realize, of course, that imperfect English is an unnecessary handicap, that it limits your opportunities and thwarts your ambitions. It leads others (possibly the very persons you want to impress most favorably) to believe you have been poorly educated, and that you lack refinement and culture.

To achieve your ambitions, it is essential that you use good English as instinctively as you tie your shoes. Business today demands men and women who can use correct, concise, forceful language. Polite society demands good education, good breeding, good culture, demonstrated by the use of correct, interesting, and convincing language.

Your ability, your culture, your education are measured by your English. Nothing else reveals you more clearly. Few things can have so great an influence on your career. If your language does not make people think the best of you at all times, then it must be improved, so they will be impressed.

### Stop making embarrassing mistakes

The greatest blame for our imperfect knowledge of English can be laid to the old method of teaching as practised in the schools and col-

leges. This consisted in throwing a book of rules at you and saying, "This is the way to learn English."

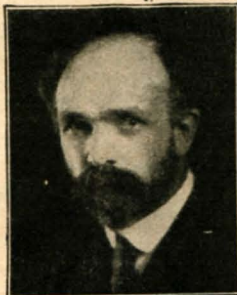
It is exactly as though you were given a set of tools without lumber and told to build a house. Or as if you were given a needle without thread and told to sew a piece of embroidery. It cannot be done! That is why the old method failed in so many cases to give even a fair command of language. That is why so many men and women are shockingly lacking in the knowledge of the most simple English. IT IS IMPOSSIBLE TO LEARN ENGLISH BY RULES ALONE!

If you adhere to this clumsy, cart-before-the-horse way, you will always be deficient in English. If you burden yourself with a set of bewildering rules and regulations, you will always have to wonder whether you are right, and you will never be sure of yourself.

### Learn correct English the new, easy way

Sherwin Cody, one of the best-known teachers of practical English, has invented and patented a remarkable new device which will help any one to obtain a commanding mastery of English. It is so interesting that you will find it a pleasure to study. His invention is so amazingly simple that it is practically automatic. It accomplishes the mastery of English with astonishing rapidity.

Mr. Cody's invention upsets all the ancient, worn-out standards of teaching. The useless rules, the hard-to-remember, impractical definitions are thrown aside. All the cumbersome, unwieldy exercises that retard progress are discarded. In-



Sherwin Cody

## Which Is Correct?

Correct answers shown in panel below

### 1. Would You Write—

Between you and I	or	Between you and ME
I HOPE it would come	or	I WISH it would come
WHO shall I call	or	WHOM shall I call
It's just AS I said	or	It's just LIKE I said
How MANY are there	or	How MUCH are there
I WOULD like to hear from you	or	I SHOULD like to hear from you
The FIRST TWO lessons	or	The TWO FIRST lessons
He sat AMONG the three	or	He sat BETWEEN the three
The wind blows COLD	or	The wind blows COLDLY
You will FIND ONLY one	or	You will ONLY FIND one

### 2. Do You Spell—

superCede	or	superSede
reclive	or	reclive
repreive	or	repreive
donKEYS	or	donkIES
factorIES	or	factorYS
repEtition	or	repEtition
sepArate	or	sepErate
aCoMmodate	or	ACCoMmodate
trafficking	or	trafficking
aCSaible	or	aCCeSible

### 3. When Would You Use—

COM-bat	and	com-BAT
REC-ord	and	re-CORD
CON-duct	and	con-DUCT
AT-tribute	and	at-TRIB-ute
PROG-ress	and	pro-GRESS
PER-mit	and	per-MIT
AC-cent	and	ac-CENT
CON-duct	and	con-DUCT
PRO-ceeds	and	pro-CEEDS

### 4. How Do You Say—

evening	EV-en-ing	or	EVE-ning
ascertain	AS-cer-tain	or	as-CER-tain
hospitable	HOS-pi-ta-ble	or	hos-PIT-able
abdomen	AB-do-men	or	ab-DO-men
mayoralty	MAY-or-al-ty	or	may-OR-al-ty
amenable	a-ME-na-ble	or	a-MEN-able
acclimate	AC-cli-mate	or	ac-CLI-mate
profound	PRO-found	or	pro-FOUND
beneficiary	ben-e-fi-shEE-ary	or	ben-e-FISH-ary
culinary	CUL-i-na-ry	or	CU-li-na-ry.

stead, Mr. Cody concentrates on the main essentials and arranges them so that 15 minutes of your spare time each day soon gives you a thorough command of English.

### Remarkable self-correcting device

Mr. Cody's 100% Self-Correcting Device does away with every uninteresting and monotonous drill, characteristic of the old methods. It is this device which has called forth the highest praise from the best educational experts. The work you do is cut to a minimum. Your progress in acquiring perfect English is amazingly rapid.

This device not only simplifies the whole study of English, not only makes Mr. Cody's course a pleasant game, but it so firmly fixes correct English in your mind that you never forget it. No time is wasted on what you already know. You concentrate on correcting your mistakes, and your mistakes only! That is the most wonderful thing about Mr. Cody's remarkable invention. By actual use, correct spelling, correct diction, correct pronunciation, and correct grammar soon become a fixed habit—as much a habit as talking itself!

### Interesting book on English sent free

A polished and effective command of English denotes education and culture. Spare time study, 15 minutes a day, in your own home soon gives you a power of language worth more than you can realize. Write for the free book, "How to Speak and Write Masterly English." It describes Mr. Cody's invention thoroughly and explains just what it will do for you.

Merely mail the coupon, a letter, or a postal card. Your greatest possibilities in business and social life will be reached only when you know and use correct English. Write today. This involves no obligation on your part whatever.

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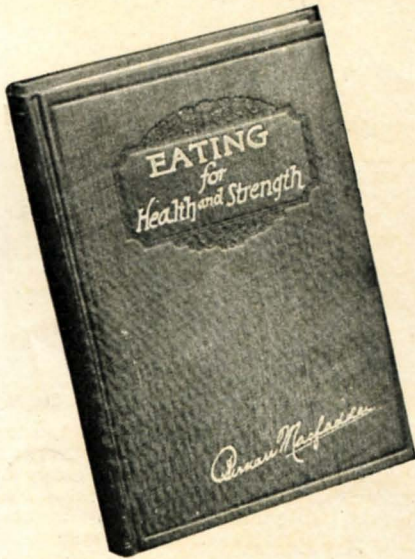
## These Are the Correct Answers to the Five-minute Test

### Compare your answers with these

- |   |   |  |  |
|---|---|--|--|
| 1. Between you and me<br>I wish it would come<br>Whom shall I call<br>It's just as I said<br>How many are there<br>I should like to hear from you<br>The first two lessons<br>He sat among the three<br>The wind blows cold<br>You will find only one | 2. supersede<br>receive<br>reprieve<br>donkeys<br>factories<br>repetition<br>separate<br>accommodate<br>trafficking<br>accessible | 3. Some words may be used both as nouns and verbs. Although spelled the same they are pronounced differently; the accent falling on the first syllable for the noun, and on a subsequent syllable for the verb. To illustrate: "I was asked to record the record he made." | 4. EVE-ning<br>AS-cer-tain<br>HOS-pi-ta-ble<br>ab-DO-men<br>MAY-or-al-ty<br>a-ME-na-ble<br>ac-CLI-mate<br>pro-FOUND<br>ben-e-FISH-ary<br>CU-li-na-ry |
|---|---|--|--|



# Analyse Your Eating Habits



## Are You Killing Yourself

or

## Will You Live to Be 100?

The wonderful chemistry of digestion and assimilation causes the food you eat to become a part of your body and brain within a few hours after eating.

This fact you know and from it you also know that your body and brain can be no better than the food you place in your stomach.

Since you are what your diet makes you and since your diet is what you make it, the more you know about foods, how to combine them intelligently into well balanced meals containing all of the necessary food elements in proper proportion, how much and how often to eat, how to distinguish between what is fit to eat and what should not be eaten and how to avoid harmful combinations of otherwise harmless foods, the more nearly you will be able to control your own destiny.

Practically all disease begins in the stomach. There is no longer any doubt on that score. The food you eat determines the diseases you may contract or whether you may expect to be entirely free of disease of every kind. A properly nourished body is immune from maladies of whatever nature. It will not contract disease nor will it permit any hereditary weakness to develop into active state.

The reason that not one person in a thousand has any exact knowledge regarding the science of diet is that until recently the scientific side of food selection and preparation had never been developed. Physical nourishment was administered largely by rule of thumb, even by the few recognized dieticians. Of late years, however, with the public rapidly awakening to the importance of diet as a health factor, there has developed an insistent demand for authentic information that will not be denied. Many of the greatest scientific minds have devoted much time to the subject and now there is a fund of absolutely trustworthy information.

Bernarr Macfadden, through his position as head of PHYSICAL CULTURE Magazine and leader of the entire Physical Culture Movement is undoubtedly better equipped than anyone else to collect the great mass of data developed by scientists of two continents where it could be added to the findings he himself had made in his exhaustive studies along similar lines. He was the logical man to undertake this monumental work and for many months has been hard at work building from this great supply of wonderful material what is probably the most complete and comprehensive book on diet that has ever been written.

### "Eating for Health and Strength"

should be as much a part of the equipment of every modern home as an up-to-date cook book or the kitchen range. As a health insurance policy it is worth its weight in gold. The following list of subjects covered will give you an idea of its tremendous scope:—

Food Science and Personal Efficiency, Food Chemistry, Physiology of Nutrition, New Discoveries of Experimental Biology, What to Eat, Balancing the Diet, How Much to Eat, When and How to Eat, Food Production, Manufacturing and Marketing, Home Preparation of Food, Practical Food Economy and Mental Efficiency, Eating to Gain Weight, Eating to Reduce Weight, Food and the Sexual Life, Feeding the Baby, The Feeding of Children, Eating to Prevent or Cure Disease, The Diet in Old Age.

If you have your own best interest and the interests of those you love at heart, you will wish to examine a copy at first hand. All that is necessary is to sign the coupon provided below and mail to us to-day. Do not send any money with your order but pay the postman \$2.00 upon receipt. After that examine the book for 5 days and then if for any reason you do not wish to keep it, send it back. Your money will be refunded promptly.

If you wish to purchase "Eating for Health and Strength," in connection with a subscription to PHYSICAL CULTURE Magazine we will supply both upon receipt of only \$4.00.

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I am interested in "Eating for Health and Strength." Please send me a copy by return mail and enter my name for a one year's subscription to PHYSICAL CULTURE Magazine. I will pay the postman \$4.00 upon receipt of the book with the understanding that I can return it at any time within 5 days after receipt for a refund of my money.  
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SEE OUR \$50 PRIZE OFFER ON PAGE 135

### All That Science Has Learned About VITAMINES

is fully covered in this incomparable book—the various kinds, how each effects you, how to plan your meals to assure an ample supply of the newly discovered food element without which the body stagnates and vitality dwindles. Chapter four alone is worth to you many times the cost of the entire book.

### How Much Poison Do You Eat Each Day?

In the main section of this message we refer to "harmful combinations of otherwise harmless foods."

You have heard all your life of bad combinations of food. When you eat a food combination that is so extremely bad that your stomach positively cannot and will not stand it, you become violently nauseated or contract diarrhea. That kind of bad food combination you recognize because *it cannot be ignored*.

But, do you recognize the dozens and dozens of other food combinations that are far worse for you because while poisonous to the system, are not sufficiently violent to cause ejection? Those are the foods that kill because instead of being violently cast forth they are absorbed by the system which becomes saturated with insidious poisons that slowly but surely sap away health and vitality.

If you knew the countless thousands of cases of Bright's disease, diabetes, gout, rheumatism, nervous disorders, anemia, blood disorders, general debility that have gradually developed due to innocent but protracted mistakes in diet, you would realize more truly just how vitally important a well balanced, properly chosen diet is to you and yours.

### "Eating for Health and Strength"

in its discussion of Food Chemistry, Physiology of Nutrition, and New Discoveries of Experimental Biology teaches you the underlying laws of nutrition that enable you to avoid such harmful food combinations.





Alfred W. McCann

**Alfred W. McCann says:**

# "Stop Digging Your Grave With Your Knife and Fork"!

## The Most Precious Thing in the World

Without it nothing else matters. No amount of "Dieting" or "Exercise" can bring health to you if you are ignorant of the proper kinds of food to eat.

You may "diet" to reduce or gain weight; you may "exercise" to develop your physical powers; but unless you possess the *secret of foods and their value* you will never be free from the torments of disease. For nearly every disease can now be traced to the eating of wrong food. And nearly every disease can be treated by eating the right food.

In this remarkable book, Alfred W. McCann gives you the *facts* that will bring health to you as it has done to thousands of others who have profited by the knowledge acquired through years of scientific research.

## The Writer of This Advertisement

is one who owes his present health to the knowledge found in "*The Science of Eating*." I was suffering untold misery and embarrassment from a chronic case of gastritis and stubborn constipation. Large sums of money spent for doctor's fees and medicine failed to bring relief. I was rapidly becoming a chronic invalid—a crank about foods, a worry to my family and a bore to my friends. My money and efforts had brought me no nearer to that robust health I so ardently desired. Then one day in a skeptical mood, I paid \$3 for a copy of "*The Science of Eating*." The knowledge that I obtained from this wonderful book worked as if by magic and today I would not part with that knowledge for a thousand dollars.

## Improper Foods Breed Disease

In this great book, Alfred W. McCann proves beyond the shadow of a doubt that *Heart Disease, Diabetes, Colds, Catarrh, Rheumatism, Pyorrhea, Constipation, Cancer, High Blood Pressure* and even *Tuberculosis*, besides hundreds of other diseases are caused by eating improper foods. Foods that are adulterated or over-refined, instead of adding strength to your body and brain, actually poison your system so that with each mouthful you are literally digging your grave with your knife and fork.

You owe it to yourself and family to get this remarkable book today.

## Are You Poisoning Your Child?

Don't think this question far-fetched. It is more true than you imagine. At the breakfast, dinner and supper table are you placing foods before your children that are literally killing them? Are you feeding poison in the form of cooked foods more destructive than whiskey? Do you know that foods now being sold as "Breakfast Foods" have been robbed of their nutriment, and that if your children were fed on them alone they would die quicker than if you fed them absolutely nothing? *Why do you feed pigs, cows and horses with more care and science than you do your own children?* The reason and answer is simple enough—*You do not know!* But to remain ignorant another day with the glorious opportunity to learn the truth is criminal negligence on your part.

To prospective and nursing mothers the knowledge contained in this book is immeasurable and cannot be described with words.

## The Curse of the American People

Constipation is the curse of the American people. It is the cause of more fatal disease than any other preventable ailment. All the drugs in the world cannot cure constipation. They can only relieve it. Constipation is *caused* from eating refined and denatured food. The cure for constipation lies in the eating of pure foods—foods that are not refined and not denatured. By getting at the seat of the trouble constipation can be cured in twenty-four hours. You can learn the Secret of Health, be freed from dreaded constipation and enjoy lasting vitality by reading and living by Alfred W. McCann's wonderful book, "*The Science of Eating*."

## A Healthy Body and Active Brain

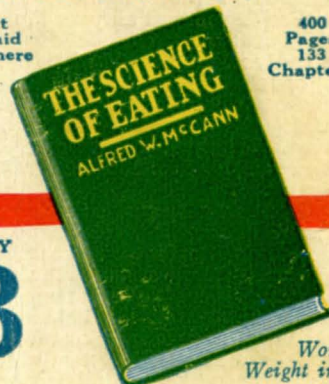
You cannot gain success in life unless you possess a vigorous, healthy body and active brain. But a vigorous body and active brain cannot be purchased at the drug store. Pills cannot put iron into your blood nor powders give you vitality. *Iron must come from the food you eat.* Certain foods contain iron and unless you eat those foods you cannot supply your blood with the precious element that it needs.

## Get This Wonderful Book Today

If you would avoid the drug store, if you would save hundreds of dollars ordinarily paid to physicians, if you would be spared the terrible suffering of disease, and save the enormous expense in health, money and opportunity that sickness incurs, do not hesitate another moment but send for this wonderful book today.

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Enclosed find \$3.00 for which please send prepaid Alfred W. McCann's Wonderful book, "*The Science of Eating*."

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